The Herald-Palladium

hp

Michigan Press Association's NEWSPAPER OF THE YEAR Class C

Buzzer-beater boosts Countryside

Sports, C1

NEW PROCEDURE CAN HELP CHRONIC INDIGESTION

Inside

TheHP.com @HeraldPalladium HeraldPalladium HeraldPalladium WEDNESDAY, FEBRUARY 12, 2020 As low as 86¢ with a paid subscription $2

Photos by Don Campbell / HP staff

Family and friends pray during a rally held for Jessica Gray on Tuesday at the Benton Township Police Department. Gray has been missing since early December of last year.

Family seeks answers

Family, friends hold rally demanding justice, information about woman missing for 2 months

By TONY WITTKOWSKI
HP Staff Writer

BENTON TOWNSHIP — It's been more than two months since Carolina Gray last saw her daughter.

Because of that, she marched with families and friends in the cold on Tuesday in front of Benton Township's police station with an urgent plea to the public for any information on the disappearance of her 30-year-old daughter, Jessica.

Carolina Gray talks about her daughter, Jessica Gray, during a rally on Tuesday.

"I'm constantly thinking about her," Carolina Gray said. "I'm eating, sleeping or watching TV and I feel guilty because I'm doing that and she's not here. I just really want her to come home. Whatever the circumstance is, I want her to come home."

Police are still looking for Benton Harbor native Jessica Gray, who has been missing since Dec. 2.

Benton Township police were called at 1:15 a.m. on Dec. 2 to conduct a welfare check of Willie Lark Jr. at his home within the 300 block of Crystal Street.

A family member of Lark told police they had arrived at the home and found the front door open and suspected blood in the doorway. However, Lark was not there.

Upon further investigation, police found live ammunition and spent shell casings in the residence. Meanwhile, the family of Jessica Gray reported her missing and said she was believed to have been at the Crystal Street residence and may have been shot.

See **GRAY**, page A6

'I didn't think twice about it'

Subject of 'Beautiful Boy' movie shares portrait of addiction to Econ Club

By ALEXANDRA NEWMAN
HP Staff Writer

BENTON TOWNSHIP — When Nic Sheff was 11 years old, another student brought marijuana to school one day.

"I tried it because it was there," he told the Economic Club of Southwestern Michigan on Tuesday night. "I didn't think twice about it."

What Sheff didn't know as a boy, was that he'd soon become addicted to the feeling it gave him and when that wasn't enough in high school, he'd go on to try harder drugs, becoming addicted to crystal meth.

And trying meth was something else he said he didn't think twice about.

But that struggle with drug addiction would lead Sheff on a path to becoming a recovering addict, an author and the subject of a major motion picture, 'Beautiful Boy,' starring Timothée Chalamet as Nic, and Steve Carell as his father, David.

Sheff, who's talk Tuesday was titled "Tweak: A Harrowing, but Hopeful Portrait of Addiction," was the Young Professionals special presentation speaker this season for the Econ Club.

He's been traveling the country trying to shed some light on addiction and the challenges addicts face with the current mental health system in the U.S.

"I never knew addiction was a disease," Sheff said. "I did it because it made me feel better. I felt like I was on fire and it was the only thing that could put that fire out."

He said doing drugs was never about having fun or peer pressure, it was because of stress and not liking the person he was.

He said it was also confusing morally because he wanted to be a good person, but it made him do bad things.

"I don't know any other diseases that make you act that way," Sheff said. "I wanted to be a role model to my little brother, but I ended up stealing out of his piggy bank. That's the kind of things drugs make you do."

He told a story about a time that he ended up doing a large quantity of drugs, blacked out and disappeared for several days.

"I called my dad and he ended up having to do a bunch of research to find a treatment facility for me that took our health insurance," Sheff said. "The treatment system in America is so flawed because most are so incredibly expensive."

This first treatment facility is where he heard a woman describe what he was going through as a disease.

"But I thought, how can it be a disease when I'm making these choices?" Sheff said. "But I was different. I had a disease that was making me react differently to drugs than normal people."

When he got sober this first time, he said he had no idea how to handle everyday things because he was high while he was supposed to be learning those skills in high school.

His father, David, a journalist, wrote an article about Sheff, with his permission, after this initial experience that got some country-wide response.

Someone even offered a book deal to Sheff.

See **ECON CLUB**, page A6

Don Campbell / HP staff

Nic Sheff, author, recovering addict and subject of the 2018 movie "Beautiful Boy," speaks during the Economic Club of Southwestern Michigan Speakers Series on Tuesday night at Lake Michigan College's Mendel Center.

BERRIEN COUNTY TRIAL COURT

Ex-driver's ed teacher bound over on CSC charges

By JULIE SWIDWA
HP Staff Writer

ST. JOSEPH — A young woman told a Berrien County judge Tuesday that she did not tell anyone her driving instructor was sexually assaulting her because she was ashamed and shocked and had shut down emotionally. She said she was afraid and felt trapped.

But then, "There were other girls at school that would talk about him hitting on them, too," the woman, now 17, told Berrien Trial Court Judge Arthur Cotter. "So I told my best friend."

FLECK

She told the court at a preliminary hearing that she was 16 when Peter Fleck, her driver's education instructor, forced her to have sex with him at various locations during her driver training in October and November of 2018.

Fleck, 56, of Bridgman, was bound over on five counts of third-degree criminal sexual conduct by force or coercion, a 15-year felony. His lawyer, Tat Parish, told the court that if there was a relationship, it was consensual.

Fleck, who has since been fired, was employed as a driving instructor at Mr. G's Driving School in Three Oaks and was teaching in Coloma when the young woman took driver's education. She said that for her driving practice, Fleck would pick her up at her home in St. Joseph and instruct her to drive to various locations. She said that during one drive, they stopped and he bought her ice cream.

On the witness stand for two hours Tuesday, the woman said the sexual encounters took place in the car, once

See **CHARGES**, page A6

Statewide road fixes for record high water levels could top $100 million

By KEITH MATHENY
Detroit Free Press (TNS)

Record-high water levels across the Great Lakes region – expected to further rise as spring arrives – are already causing serious damage to dozens of roadways statewide. And the price tag for a fix could top $100 million, according to a Michigan Department of Transportation official.

There are currently about 40 locations statewide where flooding, erosion and other damage related to high water are causing serious problems, said Bradley Wieferich, director of MDOT's Bureau of Development.

"Back of the napkin, we'll probably spend about $5 million short-term just addressing immediate needs," he said.

But for longer-term fixes to protect roads from high water – slope repairs, lifting the grade of roads through bringing in materials, and even "physically moving roads inland from the lakes" where necessary – "we're looking at in the neighborhood of about $100 million, perhaps," Wieferich said.

Absent some interjection of federal disaster relief funds – which could only come if Michigan and then the federal government declared portions of the state as disaster zones, something that has not occurred – the regular state road budget, used to fix roads and bridges crumbling from age and wear, would have to bear those huge additional costs, he said.

Wieferich made the cost estimate during a teleconference for media following a daylong "high-water summit" in Lansing on Monday featuring state and federal agencies and local government representatives.

He did not provide a specific list of hardest-hit areas, but said they span the state.

"From Monroe to metro Detroit to Sanilac County is probably our biggest erosion issue," Wieferich said, adding Lake Michigan shoreline roads in Pentwater, St. Joseph and Benton Harbor are also in jeopardy. The M-185 highway, ringing Mackinac Island, has "eroded away," he said, and "multiple places in the Upper Peninsula" are in need of prioritization because of high-water damage and flooding.

The high-water summit, convened by Gov. Gretchen Whitmer, allowed agency representatives to hear the latest on high water levels, the forecast heading into spring, and to plot how better to coordinate responses.

January water levels were higher on all lakes than January 2019, and that trend is

See **ROADS**, page A6

The Newspaper for Southwest Michigan

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Tomorrow's Weather

High 31 Low 14

Trial team quits Roger Stone case in dispute over sentence

By MICHAEL BALSAMO and ERIC TUCKER
Associated Press

WASHINGTON — The four lawyers who prosecuted Roger Stone quit the case Tuesday after the Justice Department overruled them and said it would take the extraordinary step of lowering the amount of prison time it would seek for President Donald Trump's longtime ally and confidant.

The departures raised immediate questions over whether Trump, who earlier in the day had blasted the original sentencing recommendation as "very horrible and unfair," had at least indirectly exerted his will on a Justice Department that he often views as an arm of the White House.

The department said the decision to undo the sentencing recommendation was made Monday night – before Trump's tweet – and prosecutors had not spoken to the White House about it. Even so, the departures of the entire trial team broke open a simmering dispute over the punishment of a Trump ally whose case has long captured the president's attention. The episode was the latest to entangle the Justice Department, meant to operate free from White House sway in criminal investigations and prosecutions, in presidential politics.

The four attorneys, including two who were early members of special counsel Robert Mueller's Russia team, comprised the entire Justice Department trial team that won convictions against Stone last fall.

Each had signed onto a Monday sentencing memo that recommended between seven and nine years in prison for Stone, who was convicted of lying to Congress, witness tampering and obstructing the House investigation into whether the Trump campaign coordinated with Russia to tip the 2016 election. None lent their names to a Tuesday memo that called the original recommendation excessive.

The departures leave in limbo the resolution of a case that was one of the signature prosecutions of Mueller's team and that cut to the heart of his mission – to determine whether the Trump team had access to nonpublic information about Democratic emails hacked by Russian operatives and provided to WikiLeaks.

The Justice Department's leader, Attorney General William Barr, has been a steady ally of the president's since taking the position. Barr last year cleared the president of obstruction of justice even when Mueller had pointedly declined to do so, and has declared that the FBI's Russia investigation – which resulted in charges against Stone – had been based on a "bogus narrative."

It's not clear what sentence the department will ultimately seek – a new sentencing memo filed Tuesday evening indicated that the original recommendation was too harsh but proposed no specific punishment of its own.

LOTTERIES

Tuesday drawings

Michigan
Poker Lotto
JC-KC-AH-5D-6S
Midday Daily 3
2-8-3
Midday Daily 4
6-6-7-8
Daily 3
0-3-9
Daily 4
2-8-8-3
Fantasy 5
05-07-27-28-29
Keno
02-06-10-16-17-19-20-32-33-36-38-44-46-50-53-56-57-58-68-69-71-73
Mega Millions
Estimated jackpot: $202 million
Powerball
Estimated jackpot: $70 million

Monday drawings

Indiana
Cash 5
09-19-25-36-37
Estimated jackpot: $180,500
Cash4Life
05-07-21-22-41, Cash Ball: 1
Quick Draw Midday
04-06-12-16-17-18-21-23-32-43-48-52-55-58-61-70-72-75-78-80, BE: 4
Daily Three-Midday
2-8-8, SB: 5
Daily Three-Evening
5-0-5, SB: 5
Daily Four-Midday
7-4-3-2, SB: 5
Daily Four-Evening
6-1-1-7, SB: 5
Quick Draw Evening
01-02-07-08-14-19-21-29-31-37-44-49-51-53-58-59-63-65-76-79, BE: 44

Illinois
Lotto
09-10-11-16-17-18, Extra Shot: 14
Estimated jackpot: $6.25 million
LuckyDay Lotto Midday
05-28-29-34-45
Pick Three-Midday
2-5-3, Fireball: 0
Pick Three-Evening
8-7-0, Fireball: 0
Pick Four-Midday
5-5-4-1, Fireball: 2
Pick Four-Evening
4-6-3-5, Fireball: 4
Lucky Day Lotto
12-26-32-33-41
Estimated jackpot: $6.25 million

– The Associated Press

Sanders edges Buttigieg in N.H.

By STEVE PEOPLES, KATHLEEN RONAYNE and HUNTER WOODALL
Associated Press

Matt Rourke / AP

Democratic presidential candidate Sen. Bernie Sanders, I-Vt., meets with people outside a polling place where voters cast their ballots in a primary election, in Manchester, N.H., on Tuesday.

MANCHESTER, N.H. — Bernie Sanders won New Hampshire's presidential primary election Tuesday night, narrowly edging moderate rival Pete Buttigieg and scoring the first clear victory in the Democratic Party's chaotic 2020 nomination fight.

In his win, the 78-year-old Sanders, a self-described democratic socialist, beat back a strong challenger from the 38-year-old former Midwestern mayor – two men representing different generations and wings of their party.

"This victory here is the beginning of the end for Donald Trump," Sanders declared.

As Sanders and Buttigieg celebrated, an unexpectedly strong performance from Amy Klobuchar gave her a path out of New Hampshire as the contest moves on to the string of state-by-state primary contests that lie ahead. Joe Biden and Elizabeth Warren posted disappointing results and were on track to finish with zero delegates from the state.

The New Hampshire vote made clear that the early days of the Democratic contest will be a battle largely between two men four decades apart in age and ideological opposites. Sanders is a leading progressive voice, calling for substantial government intervention in health care and other sectors of the economy. Buttigieg has pressed for more incremental changes, giving Americans the option of retaining their private health insurance and making a point of appealing to Republicans and independents who may be dissatisfied with Trump.

"Thanks to you, a campaign that some said shouldn't be here at all has shown that we are here to stay," Buttigieg told cheering supporters.

Yet Sanders and Buttigieg enter the next phase of the campaign in different political positions.

While Warren made clear she will remain in the race, Sanders, well-financed and with an ardent army of supporters, is quickly becoming the leader of the progressive wing of the party.

Meanwhile, Buttigieg still has moderate rivals to contend with, including Klobuchar, whose standout debate performance led to a late surge in New Hampshire. Biden promises strength in upcoming South Carolina, while former New York Mayor Mike Bloomberg was not on Tuesday's ballot but looms next month.

After a chaotic beginning to primary voting last week in Iowa, Democrats hoped New Hampshire would provide clarity in their urgent quest to pick someone to take on Trump in November. At least two candidates dropped out in the wake of weak finishes Tuesday night: just-the-facts moderate Colorado Sen. Michael Bennet and political newcomer Andrew Yang, who attracted a small but loyal following over the past year and was one of just three candidates of color left in the race.

While struggling candidates sought to minimize the latest results, history suggests that the first-in-the-nation primary will have enormous influence shaping the 2020 race. In the modern era, no Democrat has ever become the party's general election nominee without finishing first or second in New Hampshire.

The action was on the Democratic side, but Trump easily won New Hampshire's Republican primary. He was facing token opposition from former Massachusetts Gov. Bill Weld.

Warren, among the front-runners for months, offered an optimistic outlook as she faced cheering supporters, "Our campaign is built for the long haul, and we are just getting started."

Despite an embarrassing defeat that raised questions about her path forward, Warren vowed to move trudge on.

"Our campaign is built for the long haul, and we are just getting started," she declared.

Having already predicted he would "take a hit" in New Hampshire after a distant fourth-place finish in Iowa, Biden essentially ceded the state. He traveled to South Carolina Tuesday as he bet his candidacy on a strong showing there later this month boosted by support from black voters.

He was not on the ballot, but Bloomberg, a New York billionaire, loomed over the New Hampshire contest as moderates failed to embrace a single alternative to Sanders. The former New York City mayor was skipping all four states that vote this month in favor of dozens of delegate-rich contests in March. He's already devoted hundreds of millions of dollars to the effort.

Bloomberg returns to the campaign trail Wednesday with stops in Tennessee but will face fresh scrutiny after audio emerged on Tuesday raising new questions about his support for New York's controversial stop-and-frisk policy found to disproportionately target people of color.

Sanders and Buttigieg were on track to win the same number of New Hampshire delegates with most of the vote tallied, and Klobuchar a few behind. Warren, Biden and the rest of the field were shut out, failing to reach the 15 percent threshold needed for delegates.

AP has allocated six delegates each to Sanders and Buttigieg and four to Klobuchar with eight still to be called.

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The Herald Palladium . The Elkhart Truth . The News Dispatch . The Herald-Argus
South Haven Tribune . Harbor Country News

PRIME TIME TV

WEDNESDAY EVENING FEB. 12

	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30
ABC 7 13 41 57	Wheel of Fortune	The Goldbergs (N)	Schooled (N)	Modern Family (N)	:31 Single Parents	Stumptown "Til Dex Do Us Part" (N)	
CBS 2 3 22	Ent. Tonight	Survivor "Greatest of the Greats" Twenty winners of "Survivor" compete. CC				Criminal Minds "Family Tree" (N)	
NBC 5 8 16	Ac. Hollywood	Chicago Med "It May Not Be Forever" (N)		Chicago Fire "Shut It Down" (N)		Chicago P.D. "Center Mass" (N)	
FOX 17 222 28 32	Modern Family	The Masked Singer (N) CC (DVS)		:01 LEGO Masters "Space Smash" (N)		Fox 17 News at 10:00PM (N) CC	
PBS 34	Outdoor Elements	Nature Florida's wildlife faces threats. (N)		NOVA "Dog Tales" Dog domestication.		Expedition With Steve Backshall (N)	
CW 25	Big Bang Theory	Riverdale Veronica begins to spiral. (N)		Katy Keene "Pilot" CC		News	Seinfeld CC
MNT 50	Family Feud (N)	Chicago P.D. "A Little Devil Complex"		Dateline "Silent Witness" CC		Dateline "Suspicion"	
WCIU 26	Mike & Molly	Riverdale Veronica begins to spiral. (N)		Katy Keene "Pilot" CC		2 Broke Girls	2 Broke Girls
WHME 46	:00 Heartland	Heartland "Living the Moment"		Highway to Heaven "Back to Oakland"		The List (N) CC	Celebrity Page (N)
WGN 9	News	black-ish	black-ish	Last Man Standing	Last Man Standing	WGN News at Nine (N) (L) CC	
A&E	Live PD Presents	Live PD Presents	Live PD Presents	America's Top Dog (N) CC		Live PD Presents	Live PD Presents
AMC	Home Alone 2	★★ The Intern ('15) Robert De Niro. A 70-year-old intern develops a special bond with his young boss.					★ Bride Wars ('09)
Animal	Life Zoo	The Secret Life of the Zoo: Supersized "Episode 2"					
BET	5:30 ★★★ Ray ('04) CC			Tyler Perry's Sistas		Marshall ('17)	
Big Ten	College Basketball			College Basketball			
Bravo	Housewives/NJ	The Real Housewives of New Jersey		Summer House The gang runs wild. (N)		The Real Housewives of New Jersey	
Cartoon	Gumball	Home	Burgers	Burgers	Rick	American	American
Cinemax	Something Bo	★★ The Change-Up ('11, Comedy) Ryan Reynolds, Jason Bateman. CC				9:55 ★★★ Deadpool 2 ('18)	
CMT	Last Man	★ The Best of Me ('14) Michelle Monaghan. CC					Steel
CNBC	Shark	Shark Tank		Shark Tank		Listing Impossible	
CNN	OutFront	Anderson Cooper		Cuomo Prime Time		CNN Tonight	
Comedy	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	Nora
Discovery	Expedition Un.	Expedition Unknown "America's Vanished Airliner" Mysterious airline disaster. (N) CC					
Disney	Bunk'd	Zombies ('18) CC			Gabby	Coop	Sydney
DIY	Holmes	Holmes & Holmes		Holmes & Holmes		Holmes: Next Gen.	
E!	★★ Couples Retreat ('09) Vince Vaughn. CC					The Soup	Nightly
ESPN	NBA Basketball Milwaukee Bucks at Indiana Pacers.					NBA Basketball	
ESPN2	College Basketball			College Basketball Teams TBA. (N) (L)			
ESPNC	:00 College Football From Dec. 5, 2009.					College Football	
Food	Grocery	Guy's Games		Guy's Games		Guy's Games	
Fox News	The Story	Tucker Carlson		Hannity (N) CC		The Ingraham Angle	
Fox Sports	NBA Basketball: Pistons at Magic				Pistons Live (N)		Tigers
Freefrm	6:30 ★★ The Other Woman ('14) Cameron Diaz.			Party of Five "Speak for Yourself" (N)		Good Trouble "Palentine's Day" (N)	
FX	Spider-Man 2	★★ Transformers: Age of Extinction ('14) Mark Wahlberg. Optimus Prime and the Autobots face fearsome challengers.					
Golf	PGA	Masters Highlights		LPGA Golf			
Hallmark	Valentine Ever After	Love, Romance & Chocolate ('19, Romance) Lacey Chabert, Will Kemp. CC				Matching Hearts ('20) CC	
HBO	McMillion$	The Outsider CC		★★ Ma ('19) Octavia Spencer, Diana Silvers. CC			Shop: Unintrp.
History	Forged	Forged in Fire: Cutting Deeper "Viking Edition" (N) CC					
HGTV	Buying	Property Brothers		Property Brothers		Hunt Intl	Hunters
Learning	My 600-	My 600-Lb. Life "Joyces Story" (N)				Feet-Killing Me	
Lifetime	Married-Sight	Married at First Sight "New Wife, New Life" Moving in is too much for two couples. (N)				:03 Married at First Sight (N) CC	
MSNBC	Hardball	All In With		Rachel Maddow		The Last Word	
MTV	Catfish	Catfish: The TV		:01 True Life Crime		Ridic.	Ridic.
NBCSCH	Sports	N.D. Bsk.	All Ac	SportsTalk Live		Pregame	Hockey
NFL	NFL Total	NFL Football Teams TBA. CC					
Nick	★★ Cloudy With a Chance of Meatballs 2				Friends	Friends	Friends
NGEO	Locked	Locked Up Abroad		Locked Up Abroad		To Catch a Smuggler	
Oxygen	:00 Snapped	Snapped "Jane Reth" CC		Snapped A wife ends her husband's life.		Snapped "Amy Bishop" CC	
Parmt	★★★ Coming to America ('88) Eddie Murphy.					68 Whiskey (N)	
Showtime	6:45 ★★★ The Hunt for Red October ('90) CC			Homeland Carrie recovers in Germany.		★★ The Upside ('17) Kevin Hart.	
Starz	:20 ★★★ 13 Going on 30 ('04) Jennifer Garner. CC			★★ America's Sweethearts ('01) Julia Roberts, Billy Crystal. CC			
STZENC	5:50 Sideways	Outlander "Wilmington" CC		8:56 Outlander "The Birds & The Bees"		9:57 Outlander "The Deep Heart's Core"	
SyFy	6:30 ★ Gods of Egypt ('16) Nikolaj Coster-Waldau. CC			The Magicians Kady punches a dude. (N) CC			
TBS	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Full Frontal
TCM	George Wash.	★★★ To Be or Not to Be ('42, Comedy) Carole Lombard, Jack Benny. CC				★★★ My Man Godfrey ('36)	
TMC	Violent Separat	★★ Den of Thieves ('18) Gerard Butler. Elite lawmen try to bring down a gang of tactical thieves.					★ Money Train ('95)
TNT	Pain	All Elite Wrestling: Dynamite (N) CC				★★ Godzilla	
Travel	Paranorm.	Paranormal Ca.		Paranormal Ca.		Paranormal Ca.	
TV Land	Andy G.	Raymond	Raymond	Raymond	Raymond	King	King
USA	:00 NCIS	WWE NXT (N) (L) CC				Miz & Mrs (N)	:31 Miz & Mrs
VH1	Ink	Black Ink: Chicago		Potluck	Love & Hip Hop		Ink
WGN-A	Cops CC	Cops CC	Cops CC	Cops CC	Cops CC	Cops CC	Cops CC

NPS and PAS make a difference in rural communities

Elizabeth Ko & Eve Glazier
Ask the Doctors

Hello, dear readers, and (yes, it's mid-February) happy 2020. We hope the new year is treating you well. You've filled our mailbox with some very interesting questions and quandaries, including how to follow through on New Year's resolutions. We look forward to tackling that topic – and many more of your questions – in the coming months. Meanwhile, onward to your most recent thoughts, tips and suggestions.

■ A reader from central Florida, who just recently caught up with a column about the growing role of nurse practitioners (also referred to as NPs) and physician assistants (also known as PAs) in primary care, wanted to add to that conversation. "Where we live it's pretty rural, and if we didn't have nurse practitioners at our local clinic, we wouldn't have health care," she wrote. "They make a difference to my family and all the people in our community."

■ A column about hemorrhoids continues to get a lot of response, both from older adults and new moms. A reader from Ohio says when her hemorrhoids flare up, she knows she's been slacking off on getting enough salad and fruit into her diet. "I use a drugstore cream, and that helps, but I also start eating a lot more from the produce section," she wrote. "It takes a couple of weeks, but the episodes always end."

Another reader, writing from Indiana, had this succinct advice: "Blackstrap molasses, taken orally." While this approach to hemorrhoid relief isn't supported by scientific research, there's no downside to trying it. Blackstrap molasses is rich in minerals such as iron, potassium and magnesium, as well as B vitamins. It's a byproduct of sugar production, though, so take it in moderation. (And it has a powerful and slightly bitter flavor.) About a tablespoon or so can be mixed into hot water as a drink once or twice a day, and it can be used in cooking as a flavoring or a glaze.

■ A column about a study that linked depression to certain missing microbes in the gut continues to generate a lot of interest. Researchers found that people living with chronic depression lacked two types of microbes, known as Coprococcus and Dialister. Many of you have written to ask how to bolster these populations in the gut. Although increasing the numbers of specific bacteria in the gut is beyond our abilities at this time, you can boost the general health of your gut microbiome with a few simple habits. Eat plenty of fiber from a variety of sources, add fermented foods to your diet, cut back on sugar, cut out processed foods, avoid unnecessary antibiotics and get enough sleep and exercise. These steps may represent a significant dietary shift for some of you, but it's worth it. We now know without a doubt that a diverse and robust gut microbiome is tied to overall good health and immune function.

Thank you to everyone who took the time to write. We love hearing from you and look forward to continuing this conversation with you next month.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health. Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.

My parents are divorced, and Dad refuses to be civil to Mom

Carolyn Hax

DEAR CAROLYN: My parents, married for 30 years and now divorced for 15, last saw each other intentionally at my wedding 14 years ago.

They still live in the same town and ran into each other at the theater several years back. Whereupon, from both accounts, my dad willfully ignored my mom in the lobby as she tried to greet him. His version is that he will not be berated into talking to her. And he hasn't!

I've accepted this and see it as generally out of my control. While the fact that my brother and I are geographically dispersed also heavily contributes, my parents have never shared a holiday, grandchild event, etc. My dad is a hard person to be emotionally close to, but he does try in his way to be a parent and grandparent. My mom has a much stronger relationship with her kids and grandkids.

But! The bar and bat mitzvahs of their grandchildren are approaching. I recently received the date for my son's bar mitzvah, for 2022, and shared it with extended family.

I reminded him of a decision I made years ago after the theater incident: Civility is the price of admission. I want him there and my son does too, but I will not host a momentous event where my father willfully ignores my mother. I told my dad he was welcome if he demonstrated his ability to be civil to my mom before the event.

He has declined, specifically and in writing, to do this and asked if he can still come.

I feel both strong in my conviction to say no to his attendance given the circumstances, and heartbroken over doing it. Am I missing some angle here? – **Stuck in the Middle**

You have every right to insist on civility.

You have cause to want some assurance beforehand that your parents can pull this off. Fifteen years and he won't say "hello"? That's the hill he wants to die on? Clearly the wrong person is feeling bad here.

You also have wiggle room, though, if you really want it: Hostile *disengagement* is less volatile than hostile *engagement*. If your mom is happy to ignore him right back – big if – then they could conceivably attend without interacting and without dragging the party down with them. Suspenseful for you, obviously, so choose that stress only if exclusion stress feels worse.

I'd balk at rewarding Dad's sour intransigence, for sure. But to make decisions solely on rewards and punishment risks a nosedive to your dad's "You can't make me!" level of emotional functioning.

So here's something to consider: The standard you're asking him to meet – "to demonstrate his ability to be civil to my mom" – is vague, and 2022 isn't soon. Why not invite both parents to every non-"momentous" occasion until then? Some even held in their town? Tell your dad they're all low-stakes practice runs for the many, bigger grandkid occasions to come; he can attend all or some or none, his choice, of course. But you hope he'll choose one soon to get it over with.

Meantime, decide not to decide yet on the bar mitzvah. See what your dad does with two years to grasp what he stands to lose. See whose certainty solidifies, softens, or breaks.

Email Carolyn at tellme@washpost.com, follow her on Facebook at www.facebook.com/carolyn.hax or chat with her online at noon each Friday at www.washingtonpost.com.

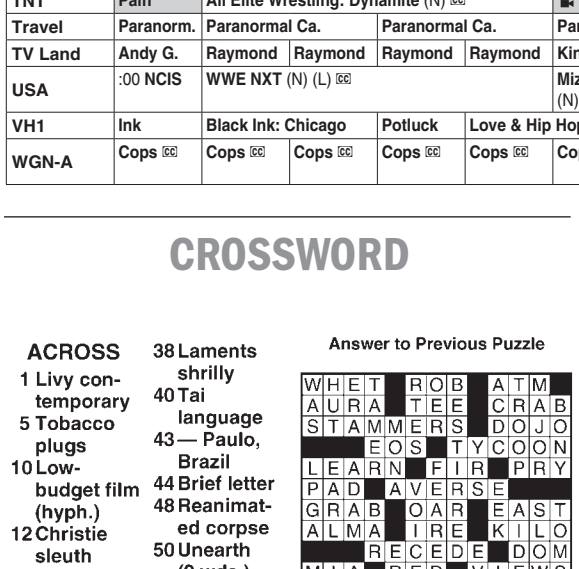
CROSSWORD

ACROSS
1 Livy contemporary
5 Tobacco plugs
10 Low-budget film (hyph.)
12 Christie sleuth
13 Plan
14 Traffic circle
15 Men's accessories
16 Italian writer
18 Sault — Marie
19 Feminine principle
21 Nash of humorous poems
25 An antiseptic
29 San Antonio landmark
30 Honshu port
32 Longest bone
33 Ward off
34 Term papers
37 Laments
38 Laments shrilly
40 Tai language
43 — Paulo, Brazil
44 Brief letter
48 Reanimated corpse
50 Unearth (2 wds.)
52 Shuns
53 Chant
54 Lap dogs
55 Dingbat

DOWN
1 Former Atlanta stadium
2 Show of hands
3 Folksinger Burl —
4 Uproar
5 Cote murmur
6 Sellouts
7 Was, to Caesar
8 Became frayed
9 Pigpen
10 Harness part
11 Shangri-la
12 Ad
17 A fifth of DX
19 Parka
20 Makes pretty
21 Clumsy one
22 Merriment
23 Stops up
24 Rhea cousins
26 Aha! (2 wds.)
27 Back of the neck
28 Made do with
31 Hirt and Gore
35 Words of approval
36 Body of water
39 Rule of thumb
40 Feel great affection
41 In a frenzy
42 Stage award
44 Prohibition (hyph.)
45 Klemperer or Preminger
46 Istanbul resident
47 Pollution control org.
48 Ray gun blast
49 Freudian subjects
51 Acorn bearer

Answer to Previous Puzzle

W	H	E	T			R	O	B		A	T	M
A	U	R	A			T	E	E		C	R	A	B
S	T	A	M	M	E	R	S			D	O	J	O
			E	O	S			T	Y	C	O	O	N
L	E	A	R	N		F	I	R		P	R	Y	
P	A	D			A	V	E	R	S	E			
G	R	A	B			O	A	R			E	A	S	T
A	L	M	A			I	R	E			K	I	L	O
				R	E	C	E	D	E		D	O	M
M	I	A			R	E	D			V	I	E	W	S
I	N	F	O	R	M			B	I	N				
S	L	I	D			A	D	E	L	A	I	D	E
T	E	R	I			I	N	D			N	O	I	R
	T	E	N			L	A	S			E	N	D	S



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JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

TFEAR

NUUCT

RIFAMF

SMEEAS

Since he called Illinois home for 35 years, most of his life, it's perfect!
Land of Lincoln
It's better than the one we've got now.
ILLINOIS CHOSE THE SLOGAN "LAND OF LINCOLN" IN 1955 IN ORDER TO HONOR THE RESPECTED ---

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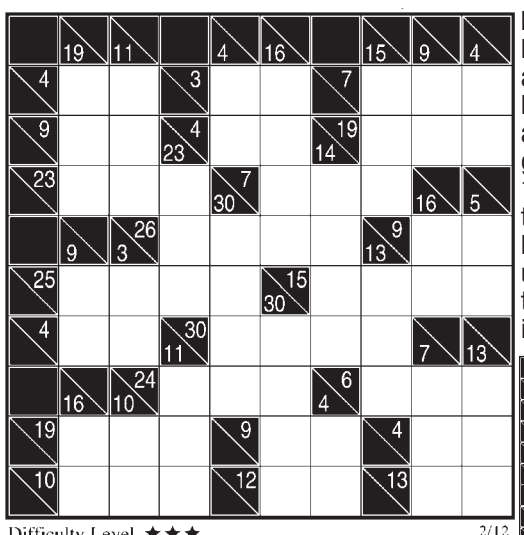
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print your answer here: _____

(Answers tomorrow)

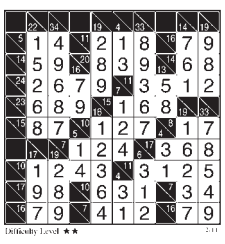
Yesterday's Jumbles: CLUMP HOARD MAINLY CAVITY
Answer: It was easy raising funds for his business because investors wanted to — ACCOMPANY HIM

KAKURO



Difficulty Level ★★★ 2/12

How to play: Numbers above the slash are across clues; numbers below the slash are down clues. The goal is to enter digits 1-9 in the white cells to add up to the number clues. You cannot use any digit more than once when adding up to a clue.



Difficulty Level ★★ 2/12

BRIDGE

Clifton Fadiman, who was an author, editor, anthologist and media personality, said, "Cheese – milk's leap toward immortality."

We have all heard the expression "look before you leap." That can apply at the bridge table. Do not choose the final contract if you are in doubt and have a chance to make a more informed decision.

In today's deal, look at South's hand. North opens one club, South responds one heart, and North rebids one spade. What should South do now?

There is a temptation for South to leap to three no-trump. However, it is possible that partner has three-card heart support. Also, if North has some help in diamonds, three no-trump might play better from his side.

South should rebid two diamonds, the infamous fourth-suit game-forcing.

North jumps to three hearts to describe his 4=3=1=5 (or 4=3=0=6) distribution and some 15-17 high-card points. Then South will obviously raise to four hearts. East wonders about doubling, but wisely decides against it.

After West leads the diamond king, how should South continue?

Whenever declarer can ruff a loser in the shorter-trump hand, it is virtually certain to be the right play. So, South wins with his diamond ace, ruffs a diamond on the board and cashes the heart king to receive the news about the 5-0 trump split.

North 02-12-20
♠ K Q 5 2
♥ K 6 3
♦ 7
♣ A K 8 5 4

West
♠ J 10 9 8 3
♥ —
♦ K Q J 9 8
♣ 10 7 3

East
♠ 6
♥ Q J 10 9 8
♦ 6 5 4 2
♣ Q J 9

South
♠ A 7 4
♥ A 7 5 4 2
♦ A 10 3
♣ 6 2

Dealer: North
Vulnerable: Both

South	West	North	East
		1♣	Pass
1♥	Pass	1♠	Pass
??			

Opening lead: ♦ K

Undeterred, declarer plays a spade to his ace, ruffs a diamond and tries to cash the spade king. Even though East ruffs, that establishes a trump trick for declarer. South claims, conceding only three heart tricks.

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

			4	2			6	
	7	6		9	3	2	1	
	3			1			5	7
		3			4		7	
7		8		3		6		5
	5		7			1		
8	6			7			2	
	2	1	8	4		7	9	
	4			6	2			

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How to play: Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9.

PREVIOUS SOLUTION

6	2	8	3	7	5	4	9	1
3	5	4	8	9	1	2	6	7
1	7	9	4	2	6	3	8	5
4	8	7	1	6	9	5	2	3
9	1	5	7	3	2	8	4	6
2	6	3	5	8	4	7	1	9
7	3	1	6	4	8	9	5	2
5	4	2	9	1	7	6	3	8
8	9	6	2	5	3	1	7	4

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DAVE BROWN Managing Editor
DALE BREWER Local News Editor
KATIE KRAWCZAK Design Editor

With baseball, you take the bad with the good

Brian Johnston
Opinion Maker

I was 9 years old in 1994 when the Major League Baseball players' strike happened, wiping out the last several weeks of the regular season and all of the playoffs, including the World Series. I still remember many fans responding with anger that the billionaire owners and millionaire players couldn't come together on a collective bargaining agreement. It was one of several work stoppages that have taken place in the game's history. It's just a game; why were these people letting money destroy America's pastime?

I know it's more complicated than that, but that's how much of the public saw it. Being a kid, I didn't really understand what was going on. I'd been a fan of the game since I could remember, and I was disappointed that I couldn't watch the rest of the season. Yet I wasn't too angry or upset. I just assumed that it was normal. At a young age, I quickly learned a lesson that, while baseball is just a game, all the "adult" stuff gets in the way and that I'll just have to deal with it.

I've thought a lot about that time lately, as MLB is going through yet another crisis with its sign stealing scandal. For those who hadn't heard, the league recently handed down some harsh punishments for the Houston Astros for illegally spying on other teams in order to steal their signs. The Astros won the World Series in 2017, and many now believe that they should have their title taken away as a result of this. The Boston Red Sox, World Series Champions in 2018, also have been investigated, though as of this writing there have been no penalties handed down.

What's sad about this situation is that we can't go back and replay the 2017 and 2018 seasons, without any illegal activity. Those championships that the Astros and Red Sox won are forever etched in time; those seasons forever marred by controversy. I think the worst part is having to explain to the young fans of the game that sometimes adults don't act the way they are supposed to and that all that "adult" stuff again gets in the way of what is supposed to be a fun way to pass the time.

Unfortunately, there are other controversies that have gotten in the way of us enjoying baseball over the years. There is the Black Sox Scandal of 1919, when several players took bribes to lose the World Series on purpose. There was the Pete Rose betting scandal, where the all-time hits leader bet on games while he was managing the Cincinnati Reds. That has come up in the news again recently because of this sign-stealing scandal, and even President Donald Trump has expressed that Rose should be reinstated after he received a lifetime ban many years ago. After three decades, it's still one of the most hotly contested issues in all of sports.

Then there was the whole steroids scandal. The league has done a lot to rid the game of performance-enhancing drugs in recent years, though we'll likely never know just how rampant these drugs were during the 1980s and 1990s. We still are dealing with the consequences of this issue, as several key players who should otherwise be in the Hall of Fame are having trouble gaining election, including Roger Clemens, Barry Bonds, Mark McGwire, Sammy Sosa and Rafael Palmeiro.

Again, trying to explain to young fans why the accomplishments of the heroes of the past are tainted is difficult.

I have many fond memories of playing baseball as a child: learning about the game from adults and spending quality time building friendships. That's what baseball is supposed to be about. Yet in many ways it's become a victim of its own popularity. Billions and billions of dollars are involved in Major League Baseball, and I suppose when the stakes are that high, it's inevitable that those issues we don't like to talk about become a part of the game. As an adult, I wish that we could just talk about what teams might be good this year or which players are the best at each position, not how the Astros and Red Sox should be punished for cheating.

Yet, that's what we've come to. This isn't the first scandal to rock professional baseball, and it won't be the last. I guess, once again, as a fan I'll just have to accept the bad that comes with the good.

Brian Johnston lives in St. Joseph with his wife and two children. You can find him on Facebook at facebook.com/brianjohnstonwriter.

LETTERS

Senate silent on efforts to cut drug prices

Editor,

The U.S. House has passed some decent legislation during the past year, including the Elijah Cummings bill (H.R. 3) to help reduce the sometimes unrealistic cost of prescription medications. However, Senate Majority Leader Mitch McConnell has not allowed any hearings or progress on this or roughly 250 other bills.

H.R. 3 allegedly does three things for consumers: It caps yearly out-of-pocket costs for prescriptions at $2,000. It requires that drug manufacturers that have increased their prices above inflation since 2016 for Medicare Part B and Part D as well as employer health plans, reduce prices or pay that amount back to Treasury as a rebate. It also provides the Secretary of Health and Human Services the ability to negotiate prices based on an international price index.

Three brochures from the American Action Network we received recently recommended H.R. 19, The Lower Costs More Cures Act, supported by Rep. Fred Upton.

According to critics, this bill caps out-of-pocket costs at $3,100 and makes other positive changes but may not control drug prices as effectively as H.R. 3.

My concern is the scare tactics in the brochure. More importantly, information from two sources – Open Secrets and Issue One – indicate that the American Action Network is a "dark money" group.

It's common knowledge that many of the drugs in use today are usually synthetic forms of material found in the rainforest. Unfortunately, rainforests in the Amazon, Borneo, Malaysia, the Ivory Coast and the Cameroon's have been burning for years. The recent increase in fires in the Amazon is a result of farmers illegally clearing land for raising cattle.

The point is that the real threat is the burning of the rainforest. Future cures and many species are going up in smoke.

Brad Anderson
Bridgman

Berrien should pump the brakes on tax hikes

Editor,

It seems like many politicians and businesses must think that everybody living in Berrien County are *millionaires*! First, the county parks department wants an increase in taxes to pay for upgrades for several park projects, to the sum of $1 million. (There's a guy that lives in Indiana that says he spends more time in Michigan because most of our parks are *free*!)

Now the sheriff wants an increase to hire five officers – all at near $100,000 each. Indiana Michigan Power asked for and got a rate hike two years ago, and now asked for and got another rate hike. My last month's bills was $172. What it's going to be next winter?

Many products like ice cream are getting smaller and smaller in size, but the price stays the same or goes higher.

As for me, for three years in a row, I didn't get a raise in Social Security, then got a $2 a month raise. This year is a little better, this plus a small retirement plan from my previous employer, Heath/Zenith Data System, is what I'm living on, and politicians and businesses seems that they think that just a few dollars more in taxes won't hurt anybody – it's for a good cause.

Our county commissioners are part-time officials, yet they vote themselves health care and retirement plans, plus they get paid travel to and from work/meetings. What about the part-time workers at McDonald's making minimal wages without the fringe benefits, or getting paid to drive to and from work? They still have to pay *more* taxes!

City, state and federal workers get really good wages, sick leave, vacation time, plus very good retirement benefits packages, but not a lot of other workers get the same package plans. They get minimum wages and no benefits! Yet they are expected to pay more taxes! It sure isn't a fair world. The old saying is still true: "The rich get richer, and the poor get poorer!"

Ken Schneider
Eau Claire

A missed opportunity

Cal Thomas

For 68 years the National Prayer Breakfast has been a political oasis, a chance for Republicans, Democrats, national and world leaders to assemble and pray for each other and the nation.

Not this year.

One could tell where things were headed when President Trump arrived later than most other presidents and held up two newspapers with the headline "Acquitted," a reference to the vote by the GOP majority in the Senate the day before, which refused to convict him of articles of impeachment written by the Democratic majority in the House.

The president then shook hands with only half of those at the head table, apparently because House Speaker Nancy Pelosi was sitting on the other side of the podium. It was Trump who refused to shake Pelosi's hand at the State of the Union address last Monday night and it was Pelosi who tore up her copy of his speech for all to see.

The co-chairs of the 2020 breakfast, Rep. John Moolenaar, R-Mich., and Rep. Thomas Suozzi, D-N.Y., spoke of their deep personal relationship and their ability to bridge differences because of it.

Arthur Brooks, the former head of the American Enterprise Institute, a Washington, D.C.-based think tank that researches government, politics, economics and social welfare, and also a Harvard professor and columnist for the Washington Post, spoke of reconciliation and loving one's enemies.

When it was President Trump's turn to speak, he said. "Arthur, I don't know if I agree with you" and then went on a tear proving he didn't. He criticized those who claim to pray for him and misuse their faith for political ends. He implied that "those in this room" (more than 3,000 attended) all support him and those who don't are not genuine Christians.

Here's the thing about reconciliation. It has a power that is the antithesis of political power, which in reality is no power at all.

If the person who believes he, or she, has been wronged by another reaches out and offers forgiveness, it can have the effect of disarming the other person and lowering the political and personal temperature.

Since Jesus is at the center of this annual event, the president should consider what He said on the subject of loving one's enemies: "You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? (Matthew 5:43-48).

Lest someone think this is only a Christian ideal, consider Proverbs 25:21-22: "If your enemy is hungry, give him food to eat; And if he is thirsty, give him water to drink; For you will heap burning coals on his head. And the Lord will reward you."

In his remarks, Brooks said if people can't sincerely practice forgiveness and reconciliation, they should "fake it." His point was that reconciliation has a power all its own, even if one initially is not sincere about it.

Perhaps it is time to suspend this annual event, or to hold it without this president attending if he can't accept the nonpartisan theme that has been its tradition for nearly seven decades. He clearly missed a grand opportunity. It would have cost him nothing to shake Speaker Pelosi's hand and in doing so he might have heaped coals of fire upon her head if she did not respond in kind.

Cal Thomas is a columnist for Tribune Content Agency.

GOP playing the game by different rules

Leonard Pitts

Let's try a thought experiment.

Suppose your friend invites you to play Monopoly. But suppose she insists on a set of special rules applicable only to her. Like when she lands on your property, she only has to pay half the required rent. And for every house she buys, she gets one free. And when she passes "Go," she gets $500.

How legitimate would you consider that game to be? How long would it be before you quit? Might you not even overturn the board on the way out?

Who could blame you? Which of us would stay in a contest where one side felt free to make up its own rules? You can't run a game that way. You also can't run a country.

Someone should explain that to the right-wing political establishment, whose members are up in arms over House Speaker Nancy Pelosi ripping up a copy of President Donald Trump's State of the Union address moments after he finished delivering it. Florida Sen. Marco Rubio, that tower of Jell-O that walks like a man, pronounced this "pathetic." Rep. Lee Zeldin called it "disgusting." House Minority Leader Kevin McCarthy dubbed it "petty." And so on.

Which is, of course, hypocrisy on a galactic scale. A Trump enabler has about as much business criticizing a breach of decorum as Bill Cosby does teaching sex ed. Indeed, they have zero standing to lecture the rest of us on any question of right and wrong.

Especially given that GOP senators – and who, by this point, can deny that the "G" stands for gutless? – voted Wednesday to acquit Trump in his impeachment trial. With the singular, courageous exception of Mitt Romney, they chose to turn a blind eye to his use of public funds to extort political favors from a vulnerable ally.

Worse, a number of them even admitted that he did what he was accused of doing, rationalizing that he has learned his lesson now and won't ever, ever do it again. As if the Constitution allows for mulligans and oopsies. As if Trump has ever shown the slightest ability to learn anything. No, the man will be emboldened by this – not chastened.

That said, the GOP's false piety is hardly the only – or even the most – alarming thing about this incident. Remember, this isn't the first time they've made up their own rules. No, from voter suppression schemes to the theft of a Supreme Court seat to a campaign of obstruction against President Barack Obama, this party – desperate and increasingly out of step with the nation it purports to represent – has cheated in plain sight for years.

You have three options when someone else is playing the game by different rules:

One, you can continue playing by the actual rules and appeal to them to do the same. But one gets tired of watching others "win" by cheating. One gets tired of always having to be the adult in the room.

Two, you can make up your own rules, too. But that invites a race to anarchy. If, for instance your side expands the Supreme Court to 11 members so that you can control a majority, what's to stop the other side, once they're in power, from expanding it to 13? Nineteen? A hundred and one?

Which brings us to Option Three: You can abandon the game.

That option is the reason those of us who fear for America's future should regard this as an ominous, albeit symbolic, turn. Nancy Pelosi has served in Congress more than 30 years. She's a committed institutionalist who has lectured her caucus more than once on the need for civility.

Yet Tuesday night, she physically ripped up Trump's manifesto of hogwash and lies. In effect, she stood up from the table.

And overturned the board.

Leonard Pitts is a columnist for the Miami Herald. lpitts@miamiherald.com.

Gerald Herbert / AP

A Louisiana black bear, sub-species of the black bear that was protected under the Endangered Species Act, is seen in a water oak tree in Marksville, La. A federal judge in Washington has thrown out a lawsuit on Friday, seeking to return federal protection to the real bears that inspired teddy bears. The people and environmental groups who sued in 2018 didn't provide any evidence to back up their claims that they would be hurt by the decision to remove Louisiana black bears from the "threatened" list, wrote District Judge John Bate.

Lawsuit to protect real-life 'teddy bears' tossed by judge

By JANET MCCONNAUGHEY
Associated Press

NEW ORLEANS — A lawsuit seeking to return federal protection to the real bears that inspired teddy bears has been thrown out by a federal judge.

The people and environmental groups who sued in 2018 didn't provide any evidence to back up their claims that they would be hurt by the decision to remove Louisiana black bears from the "threatened" list, wrote District Judge John Bates of Washington, D.C.

Bates didn't rule on the merits of the case itself, only on whether the plaintiffs had legal standing to sue, attorney Paula Dinerstein of Public Employees for Environmental Responsibility said Tuesday.

That group, the Sierra Club, the Atchafalaya Basinkeeper organization, Louisiana Crawfish Producers Association-West and individual plaintiffs are considering their next step, Dinerstein said.

Louisiana black bears are the largest and rarest of 16 American black bear subspecies. President Teddy Roosevelt's refusal to shoot one that had been caught and tied to a tree during an unsuccessful hunting trip in 1902 inspired the first "teddy's bears."

The subspecies once roamed Texas and Mississippi but now is found only in a few areas in Louisiana. It was put on the "threatened" list in 1992 and removed from it in 2016.

The lawsuit accused the U.S. Interior secretary and the acting director of the U.S. Fish and Wildlife Service of basing their decision on "faulty scientific assumptions" rather than the best available data. The bear's removal from protection under the Endangered Species Act would reduce the population and open its habitat to development, damaging the plaintiffs' "aesthetic, scientific and recreational interests," the lawsuit said.

"Mere allegations" do not meet the standard for showing likely injury, Bates wrote in the 19-page opinion handed down Friday. For instance, he said plaintiff Ronald Nowak, a scientist who has studied the bear for years, said removal from the list would lead to fewer bears or to their being found in fewer places, making them harder to observe and study.

However, Bates wrote, "plaintiffs have not provided ... any evidence whatsoever demonstrating that delisting will lead inexorably" to fewer bears or make it harder to watch them in the wild.

Three other possible injuries were also not backed up, he said.

Conversely, he said, members of Safari Club International, an international hunting group that intervened on the federal government's side, have said they plan to hunt the bears as soon as the first season is opened. If protections are resumed, there would be no chance of a hunting season, and the state has said it might authorize hunting at some point if it wouldn't damage the population, he wrote.

The hunting group was jubilant.

"SCI is honored and excited to have successfully defended science-based decision-making and played a key role in keeping the ESA from being further weaponized as a tool for anti-hunters," it said in a news release Tuesday.

Dinerstein said the plaintiffs' options include appealing Bates' decision or re-filing the lawsuit with additional information, either in Washington or elsewhere.

"We think it's a pretty weak decision on standing," she said. "We're still in the process of analyzing it and talking with our clients."

OBITUARIES

Terry A. Skoglund

March 13, 1948 – Feb. 2, 2020

Terry A. Skoglund, 71, of Flushing, Mich., died Sunday, Feb. 2, 2020, at his home.

Terry was born in Benton Harbor on March 13, 1948. The son of Paul and Pauline (Phelps) Skoglund, he was the second of four siblings. After graduating from high school, Terry moved to Big Rapids, Mich., to attend Ferris State College, where he studied pharmacy. During his time there he met his wife-to-be, Norma Lake, and many people who would become lifelong friends. He graduated from the Ferris School of Pharmacy in 1971 and went on to work in the field for the entirety of his 45-plus year career.

Terry and Norma married on Feb. 9, 1974. They put down roots in Flushing, where they raised their two daughters, Casey and Kelly. Throughout his life, he had an insatiable appetite for travel and adventure that took him all over the country and the world. You could usually find him planning his next motorcycle trip, ski trip, road trip or big adventure overseas to experience something new. Terry also had a great love and appreciation for live music. His quick wit and sense of humor won him countless friends over the years, and his involvement in his community made an impact on the world around him. He was a member of Michigan Pharmacists Association, the Flushing Rotary Club and the Sierra Club. He was a fun, kind-hearted man who always had a soft spot for the women in his life – his wife, his mother, his three sisters and his daughters.

Terry spent his life working hard, playing hard and living life to the fullest. He put up a good fight against his illness, but Terry ultimately lost his battle. When he peacefully passed, he was right where he wanted to be, at home with family. He will be deeply missed.

Cremation has taken place and a memorial service will be held at a later date. If desired, memorial contributions may be made to Ferris State University School of Pharmacy or Rotary International.

Terry is survived by his wife of 45 years, Norma; daughters, Casey Skoglund and Kelly Skoglund (and husband, Steve Casabonne); granddaughter, Ani Casabonne; sisters, Ellen (and husband, Tom Brown), Connie Skoglund-Downing (and husband, Carey Downing) and Janet (and husband, Jim Harris); brother-in-law, Gerry Lake; Swedish daughter, Anna Soderstrom and family; many nieces and nephews; and numerous dear friends.

Eleanor F. Marquardt

Jan. 17, 1919 – Feb. 10, 2020

Eleanor F. Marquardt, 101, of Sodus passed away Monday, Feb. 10, 2020, at her home.

A Celebration of Life Service will be held at 11 a.m. Thursday, Feb. 13, at Good Shepherd Lutheran Church, 1965 Broadway, Benton Harbor, with the Rev. Josh Bishop officiating. Burial will follow in Crystal Springs Cemetery in Benton Harbor. Friends may visit with the family from 10-11 a.m. Thursday at the church. Memorial donations in Eleanor's name may be made to Good Shepherd Lutheran Church, Michigan Lutheran High School or Caring Circle Hospice. Those wishing to sign Eleanor's memory book online may do so at www.starks-menchinger.com.

Eleanor was born Jan. 17, 1919, in Benton Harbor, to Ralph and Amalie (Hauch) Schultz. She learned the ways of farming helping her parents on the family farm. On Jan. 29, 1938, she married Albert Marquardt in Benton Harbor. After raising her family, Eleanor went back to work helping her brother and sister on their farms, and helping her son in his meat processing business. She was a hard worker, working well into her 90s.

Eleanor was a member of Good Shepherd Lutheran Church, where she was a member of the choir, the Altar Guild and the Ladies Bible Hour. In her free time, she enjoyed the time spent with her family and many friends, embroidery and gardening.

Eleanor is survived by her daughter, Sharon (Richard) Herman of Sodus; six grandchildren: Russell (Gina) Herman, Candace Scholl, Jeffery (Diana) Marquardt, David (Jessica) Marquardt, Garth (Rebecca) Current and Maiya (Craig) Fitch; six great-grandchildren; and numerous nieces and nephews.

She was preceded in death by her husband, Albert; two sons, Allen and Thomas Marquardt; her daughter-in-law, Marjorie Marquardt; two sisters, Madelin Schaub and Norma Langer; and her brother, Raymond Schultz.

Death notices

Genevieve Irene Conklin, 97, of Hartford died Feb. 10, 2020, at Living Waters Adult Foster Care, Portage, Mich. Calvin Funeral Home, Hartford, 621-4101.

Leanora Mildred Duck, 63, of Hartford died Feb. 10, 2020, at home. Calvin Funeral Home, Hartford, 621-4101.

Barry Lawrence Johnson, 78, of Hartford died Feb. 10, 2020, at Hanson Hospice Center, Stevensville. Calvin Funeral Home, Hartford, 621-4101.

John C. Mishler, 65, of Niles died Feb. 11, 2020, at home. Brown Funeral Home and Cremation Services, Niles, 683-1155.

Gerald A. "Gerry" Sherman, 92, of South Haven died Feb. 9, 2020, at Graceway of South Haven. Filbrandt Family Funeral Home, South Haven, 637-0333.

Terry A. Skoglund, 71, of Flushing, Mich., formerly of Benton Harbor died Feb. 2, 2020, at home. Rossell Funeral Home, Flushing, (810) 659-6342.

Paul Ralph Wilcoxson Sr., 78, of Hartford died Feb. 11, 2020, at Caretel Inns of Lakeland, St. Joseph. Calvin Funeral Home, Hartford, 621-4101.

Gerald A. 'Gerry' Sherman

March 7 , 1927 – Feb. 9, 2020

Gerald A. ("Gerry") Sherman, 92 years and 11 months on earth, went to our Lord on Sunday, Feb. 9, 2020, surrounded by loving family members at Graceway South Haven Nursing Home.

A lifelong South Haven resident, Gerry was born March 7, 1927, to Rupert and Gladys (Myers) Sherman, and was the younger brother to Rupert Jr. ("Tim"), Burt and Port. All of those preceded him in death, as he was the last living Sherman in his generation related to the well-known Sherman Dairy and Ice Cream enterprise.

In his younger days, Gerry was an outstanding high school football and basketball player and earned all-state recognition in 1944 as a fullback on the last undefeated South Haven High School football team to date. Gerry met his wife, Margaret ("Margo") Horski Sherman, in the summer of 1947, and out-romanced her MSU suitors to an April 3, 1948, wedding in East Lansing. While raising their three children, Gerry served as the primary breadwinner through various jobs with the Sherman Dairy and farm and a second career operating the South Haven Redi-Mix concrete plant started by Tim Horan and later taken over by Consumers Concrete. He retired at age 62 so that he and Margo could annually spend six months between October and April at their "winter home" in Winter Haven, Fla., which they enjoyed for over 20 years.

Gerry served his country in World War II in the U.S. Navy. He was a long-time American Legion member, a 71-year Elks member, and a long-time, fully participating member of St. Basil Church – converting to Roman Catholicism after he married Margo.

Gerry enjoyed working outside, playing tennis and golf and riding his bicycle. He and Margo were loving parents, aunts and uncles, grandparents and friends to all they met. They fashioned a respected and endearing legacy to all who knew them.

Gerry was preceded in death in April 2010 by Margo.

He is survived by children, Beverly Edwards (Woody) of Louisville, Ky., Daniel Sherman (Meg) of Valparaiso, Ind., and Diane Skuza (Barry) of South Haven. Gerry and Margo also had 10 grandchildren, which include Bev's children: Emily (Monty) Fields, Joshua (Kris) Edwards and Jonathan (Sarah) Edwards; Dan's children: Jacob, Kathleen, Annemarie and Bridget; and Diane's children: Joseph (June) Skuza, Andrew (Colleen) Skuza and Daniel (Mary) Skuza. Also, Gerry's grandchildren bestowed him with 13 great-grandchildren: Sophie and Benjamin Fields, Kaitlyn Edwards, David Edwards, Charles and William Skuza, Audrey, Heidi and Conner Skuza, and Claire, Belle, Celia and James Skuza. Gerry also had numerous nieces and nephews, both Sherman and Horski descendants, that he loved and cherished.

Visitation will be held from 6-8 p.m. Thursday, Feb. 13, at St. Basil Catholic Church, with a prayer service at 7:30, and from 10-11 a.m. Friday, Feb. 14. A Funeral Mass celebrating Gerry's life will take place at 11 a.m. Friday, Feb. 14, at St. Basil's, with Father Jim Morris officiating, followed by a luncheon at the church. Burial will take place in North Shore Memory Gardens, Hagar Shores. In lieu of flowers, memorial contributions can be donated to St. Basil School Scholarship Fund at 513 Monroe Blvd., South Haven, MI 49090. Kindly share your thoughts and memories on the family's online guest book at www.FilbrandtFFH.com.

The family is being helped by the Filbrandt Family Funeral Home in South Haven, 637-0333.

Epilepsy treatment side effect: New insights about the brain

By CARLA K. JOHNSON and MALCOLM RITTER
Associated Press

SEATTLE — Though Genette Hofmann is still using her brain, last month she donated a bit of it – to science.

Hofmann needed the surgery – her Seattle surgeon was looking deep into her brain, where he found the trigger for the epileptic seizures that had disrupted her life for 30 years. But to get there, he teased out a bit of healthy tissue the size of a lima bean, and with her blessing quickly sent it to some researchers, who were eager to study brain cells while they were still alive.

That's how Hofmann joined a long line of epilepsy patients who've helped scientists reveal basic secrets of the brain – knowledge that could pay off in better ways to measure consciousness in brain-injury patients and new treatments for a variety of diseases.

Research volunteers such as Ruth Nall, who made a different kind of contribution in a California hospital room, reading sentences aloud as a network of surgically implanted sensors kept close track of how her brain worked.

Since she was going to have electrodes implanted anyway, she reasoned, why not help out?

"Plus," she added, "I'd have visitors."

Epilepsy disrupts the brain's electrical activity, producing recurrent seizures that involve strange sensations, behaviors, emotions and, sometimes, loss of consciousness. Most people with epilepsy don't need surgery and can control seizures with medications. But when surgery is necessary, research scientists can ask to piggyback on the procedures for a rare chance to study the brain directly.

For decades, studies of epilepsy patients have revealed secrets of the brain, like how the two halves operate differently. And research with "H.M.," a now-deceased Connecticut man who's been called the most famous patient in the history of neuroscience, revealed key insights into how memory works.

Ted S. Warren / AP

Genette Hofmann holds her cat Dottie in her home in Burlington, Wash., on Jan. 10, a few days before undergoing brain surgery in Seattle in hopes of reducing the epileptic seizures that had disrupted her life for decades. At the same time, Hofmann agreed to donate a small bit of her healthy brain tissue to researchers, who were eager to study brain cells while they were still alive, joining a long line of epilepsy patients who've helped scientists reveal basic secrets of the brain.

The disease has a long history of revealing the importance of the brain to memory, emotion and everything we call the self, says Christof Koch, chief scientist at the Allen Institute in Seattle, where Hofmann's cells were analyzed. "Seizures have taught us more about brain and the mind, and the relationship between the two, than any other disease," he said.

Hofmann's brain cells were rushed to the institute on "life support" in a cooler rigged up with artificial cerebral spinal fluid and oxygen. At the lab, researcher Herman Tung sliced the pearl of brain into thin sheets for viewing with a powerful microscope, readying it for a three-part series of experiments.

After resting for an hour after slicing, Hofmann's brain cells were ready for their star turn under the microscope.

Researcher Katherine Baker found a single brain cell and recorded its electrical activity. She injected dye that spread into the threadlike dendrites of the neuron to reveal its shape.

Baker removed the cell's nucleus for the third step: a readout of which genes are turned off and which are turned on.

About three-quarters of such donations at the Allen Institute come from epilepsy patients; the rest come from cancer surgeries. The Allen Institute is building an online atlas that makes information on hundreds of human brain cells freely available for study. The institute hopes that will provide a new avenue, beyond brain scans and animal studies, for tackling conditions like Alzheimer's disease and autism.

For Hofmann, 57, the decision to contribute to the study was simple, even beyond her own epilepsy. She spent years caring for a grandmother with dementia.

"It was the easiest decision I've ever made," she said. "This will be my chance to make a difference."

Dr. Andrew Ko, who performed Hofmann's surgery at Harborview Medical Center in Seattle, stressed that it's important to make sure patients understand the difference between what's needed for therapy and what's optional for research. At Harborview, Ko talks to patients about treatment while a research coordinator discusses the opportunity to participate in studies, he said.

Two weeks after Hofmann's surgery, a scar curves from the top of her right ear to her forehead hairline. "So far, so good," she said. "No seizures." Part of her brain is gone, but she doesn't feel anything's missing. In fact, happy memories have surfaced, "things I haven't thought of since I was a girl."

Contributing brain cells to science "makes me so proud and so satisfied," she said. "It makes me feel more connected to the human race."

DO YOU REMEMBER?

25 years ago – 1995

Hilary Duensing was crowned Miss St. Joseph, Kristi Cagampang was named Miss Buchanan, Teresa Main was named Miss Lawrence and Shari Bass was named Miss Benton Harbor in community Blossom Queen contests last night.

Kelly Klug became the new Miss Eau Claire, Karen Bertorelli became Miss South Haven and Betsy Kathleen Smith was crowned Miss Hartford in tonight's contests.

35 years ago – 1985

Thomson Newspapers, Inc., of Des Plaines, Ill., and the Palladium Publishing Company, of Benton Harbor-St. Joseph, today announced the purchase and sale of The Herald-Palladium to Thomson Newspapers. The transfer is scheduled for February 28.

The agreement covers most of The Herald-Palladium's assets, including the land and building at 3450 Hollywood Road, machinery and equipment, subscription lists, accounts receivable on Feb. 28, and good will. Not included in the transaction are Radio Stations WHFB and WHFB-FM which the Palladium Company plans to continue operating at this time.

50 years ago – 1970

Openings in three St. Joseph High School adult education courses were announced today. There are openings in blueprint reading, taught Mondays by Fred Harrsen; clothing construction taught Tuesdays by Mrs. Carol Harju; and advanced interior decorating taught Thursdays by Mrs. Patricia Burr. Interested persons can call the school. There are also a few openings in cake decorating, oil painting and shorthand and typing.

TODAY IN HISTORY

By THE ASSOCIATED PRESS

Today is Wednesday, Feb. 12, the 43rd day of 2020. There are 323 days left in the year.

Highlight in history:

On Feb. 12, 1809, Abraham Lincoln, the 16th president of the United States, was born in a log cabin in Hardin (now LaRue) County, Kentucky.

On this date:

In 1924, George Gershwin's "Rhapsody in Blue" premiered in New York.

In 1959, the redesigned Lincoln penny – with an image of the Lincoln Memorial replacing two ears of wheat on the reverse side – went into circulation.

In 1973, Operation Homecoming began as the first release of American prisoners of war from the Vietnam conflict took place.

In 1993, in a crime that shocked and outraged Britons, two 10-year-old boys lured 2-year-old James Bulger from his mother at a shopping mall near Liverpool, England, and beat him to death.

In 1999, the Senate voted to acquit President Bill Clinton of perjury and obstruction of justice.

In 2000, Charles M. Schulz, creator of the "Peanuts" comic strip, died in Santa Rosa, Calif. at age 77.

In 2008, General Motors reported losing $38.7 billion in 2007, a record annual loss in automotive history, and offered buyouts to 74,000 hourly workers. Uno became the first beagle named Westminster's best in show.

5-Day Forecast for St. Joseph

Today	Tonight	Thursday	Friday	Saturday	Sunday
Chance Rain & Snow	Snow Likely	Snow Likely	Scattered Snow	Mostly Cloudy	Rain & Snow Possible
33°	25°	31° / 14°	18° / 12°	32° / 22°	36° / 28°

Local Outlook

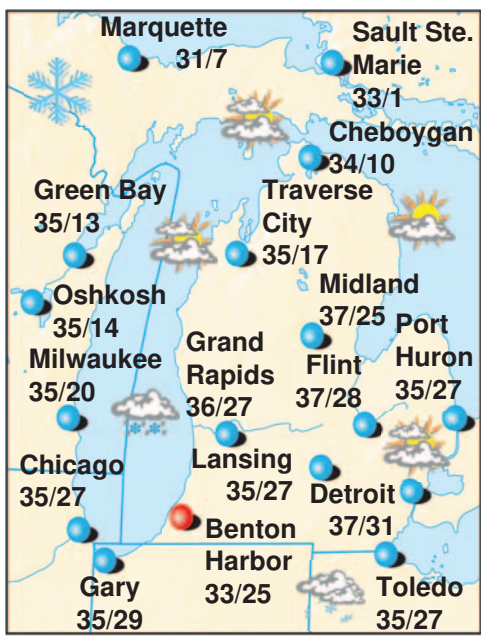
Today we will see cloudy skies with a 35% chance of rain and snow, high temperature of 33°, humidity of 68%. South wind 7 to 13 mph. Snow accumulation of less than one inch possible. Expect cloudy skies tonight with an 85% chance of snow, overnight low of 25°.

Sun and Moon

Sunrise ..... 7:46 a.m.
Sunset ..... 6:14 p.m.
Moonrise ..... 10:35 p.m.
Moonset ..... 10:02 a.m.

Last	New	First	Full
2/15	2/23	3/2	3/9

Regional Map



Local Almanac

Benton Harbor Yesterday

Temperature

High	36°
Low	25°
Normal High	34°
Normal Low	19°
Record High	70° in 1999
Record Low	-11° in 2014

Precipitation

Yesterday	0.00"
Month to date	0.21"
Normal for month	0.53"
Year to date	4.07"
Normal Year to date	2.28"

Air Quality

Yesterday 51
Main Offender ..... Particles

The higher the number, the greater the need for people with respiratory problems to reduce outside activity.

0-50 ..... Good
51-100 ..... Moderate
101-150 .... Sensitive
151-200 .. Unhealthy

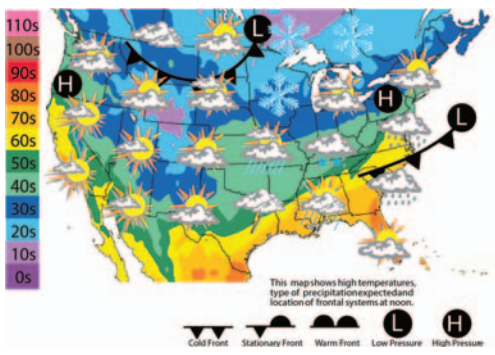
Weather Trivia

Does weather affect arthritis?

Answer: Science has not proven this, but many people with arthritis swear it is true.

National Weather Map

Forecast map for Feb. 12, 2020



For latest weather updates: **www.UpdatedWx.com/HP**

Lake Michigan

Today, SSW wind around 12 kt. A chance of rain and snow. Waves 2 to 3 ft. Water temperature 36 degrees. Tonight, S wind 6 to 10 kt. Rain and snow. Waves around 1 ft.

Michigan Forecast

Upper Peninsula

Today, skies will be partly cloudy to mostly cloudy with isolated snow, highs in the 30s. Southwest wind 10 to 18 mph. Expect mostly cloudy to cloudy skies Thursday with widespread snow showers, highs in the single digits and 10s.

Lower Peninsula

Today, skies will be cloudy with isolated rain and snow, highs in the 30s. South wind 7 to 13 mph. Expect cloudy skies Thursday with scattered snow, highs in the 20s and 30s. Northwest wind 13 to 21 mph.

GRAY

From page A1

In mid-December, Lark was arrested out of state on charges unrelated to the incident in Benton Township. He was later returned to Michigan to face a parole violation charge by the Michigan Department of Corrections. Gray's whereabouts remain unknown.

Township officers handling the case could not be reached for comment Tuesday.

Gray's family is now picking up the effort to find out more.

About two dozen supporters met outside the police station with the hope of raising awareness about Gray's disappearance.

"We just want to get answers," said Eula Omar, Jessica's aunt. "We want people to speak up. And for the ones who have, we appreciate it."

Those in attendance walked around the parking lot carrying signs and photos and urging police to provide an update on the case.

Some of the bigger signs read "Justice for Jessica" and "I am Jessica."

As the crowd began to pace in laps, chants of "No justice, no peace," began to ring out near the intersection of Crystal Avenue and Territorial Road.

"This (effort) right here keeps her going and lets people know she needs to be found," Carolina Gray said. "As long as I'm breathing, I'm not going to give up on my daughter."

Carolina Gray said the amount of support and love she's received through the community – and at the rally – has kept her going the past two months.

Among the supporters at Tuesday's rally was Benton Harbor activist Edward Pinkney. At one point he gathered the group into a circle, where he instructed them to hold hands and pray.

Also in attendance for the rally were Jessica Gray's two children – an 8-year-old son and 6-year-old daughter.

Carolina said she last saw her daughter wearing a green jacket with fur around it, blue jeans and boots.

She said it is her intention to attend the next Benton Township board meeting, on Feb. 18, to speak up about what's being done to find her daughter.

"We're just trying to bring her home," she said. "I understand the police have a job to do. I understand all the procedures. But I want justice for my daughter."

Carolina Gray said the thing she tries to remember about her daughter is her sense of humor.

"She's a character like me," she said with a smile. "She likes to joke around. She likes to have fun. She would go out of her way to help and do what she can."

Anyone with information is asked to call the Benton Township Police Department Detective Bureau at 269-925-1135, or Crime Stoppers at 574-288-STOP.

Contact: twittkowski@TheHP.com, 932-0358, Twitter: @TonyWittkowski

Photos by Don Campbell / HP staff

Family and friends gather for a walk held for Jessica Gray on Tuesday at the Benton Township Police Department.

Supporters hold signs during a rally held for Jessica Gray.

ECON CLUB

From page A1

"I was writing, working, exercising and putting all my energy into positive things, but then I plateaued," he said. "Eventually I relapsed."

After relapsing a few more times, getting an infection from a dirty needle, taking apart his electronics – because meth makes you do crazy things, Sheff says – and breaking into his mom's garage, he got sober again.

He said getting psychiatric help and being diagnosed with bipolar disorder was a positive.

"The diagnosis was like, 'duh,'" Sheff said. "It was like getting a piece of the puzzle."

He finally finished writing his book, "Tweak: Growing Up on Methamphetamines," which eventually became a New York Times bestseller. And his dad expanded that original article into the bestseller "Beautiful Boy."

Sheff said he and his dad finished their books at about the same time and getting to read the others books helped them understand each other.

"When I relapsed again after taking Vicodin at a party because I was uncomfortable, my dad's response was so different because he saw this was the last thing I wanted to do," he said.

Sheff has now been sober for 10 years.

"I've really started to experience joy," he said. "The movie and books make me anxious. I find it in the little things, like walking my dogs."

Traveling the country, he said he's seen so much hope out there.

During the question and answer portion of the talk, many people thanked Sheff for his book and sharing his story. Some shared stories of personal triumphs over addiction.

He said it takes patience and passion to deal with someone with addiction.

"You have to champion them as people making a tough but positive decision in their lives to get healthy," Sheff said.

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CHARGES

From page A1

while parked at Silver Beach in St. Joseph and once while parked in the Benton Harbor Arts District; at a house in Union Pier that he took care of while the owners were away; and at his house in Bridgman. She said at first she continued to go driving with him because she was shocked by what happened and didn't think it would happen again. She said later, when she tired to end the encounters, he threatened her and she became scared.

Parish asked the witness whether she ever took her own clothes off while she was with Fleck. She replied, "When he told me to, yes."

Berrien Assistant Prosecutor Cortney O'Malley-Septoski asked the woman if she ever told Fleck that what he was doing was OK with her. She replied, "No."

"I felt very ashamed because it happened to me. I didn't know what to do. At first he was like a person you could confide in like if you had problems," she said. Eventually, she said, he would send her text messages several times a day and, "If I didn't reply, he would say things like 'I guess I should just kidnap you.' I felt threatened. It was terrifying."

The woman said that after she told her best friend what had happened, someone went to the police, who contacted the woman's parents. The parents sat in court Tuesday in support of their daughter.

Cotter said at the conclusion of Tuesday's hearing that he found probable cause to bind Fleck over for trial on all five counts. He denied, however, O'Malley-Septoski's motion to add a charge of kidnapping, agreeing with Parish's argument that, "kidnapping is a stretch."

Following Fleck's arrest last November, The Herald-Palladium learned that he also had worked as a part-time bus driver for Lakeshore Public Schools for two years. He was fired immediately after the allegations came to light and Lakeshore Superintendent Phil Freeman said the alleged behavior by Fleck did not include any interaction with any Lakeshore Public Schools students.

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ROADS

From page A1

expected to continue this spring and summer, the U.S. Army Corps of Engineers reported last week. Those conditions last winter, combined with unusually heavy spring rains that have become an annual occurrence in recent years, led to record- and near-record water levels across the Great Lakes.

Lake Superior, Lake St. Clair, Lake Erie and Lake Ontario set new record-high water levels over the summer, with lakes Michigan and Huron an inch or less off their 100-year highs. In July, lakes Erie and Ontario broke their monthly records by more than 4 inches.

This January, connected Lakes Huron and Michigan set new monthly high levels, previously set in 1987, and Lake Superior broke its 1986 high-level mark for January.

The state had its wettest September to December in history; is in its wettest 12 to 60 months ever recorded; and has seen the most rapid change from record-low Great Lakes levels as recently as 2013 to today, said Liesl Clark, director of the Michigan Department of Environment, Great Lakes and Energy (EGLE).

"Our team started seeing some real challenges a few months ago," she said. "Anywhere there are permits required for lakeshore erosion work, our team has increased the speed with which we turn those permits around."

Permits that may have taken weeks to approve in the past are now being approved "typically in less than 48 hours," she said. In extreme cases, where a home or road is in imminent danger of an erosion-related collapse, as has occurred near South Haven on the Lake Michigan shoreline, EGLE has allowed property owners to take immediate action to preserve shoreline and then followed up on permit approvals, she said.

The problems aren't restricted to Great Lakes shorelines. Inland lakes, rivers and streams are also swollen to their bursting points, with only more water to come. Spring rains have been unusually heavy the past few years: According to the National Weather Service, metro Detroit received 5.82 inches of rain in April 2019, almost 3 inches more than the long-term average for the month.

"Our lakes are at record levels, our rivers are full and our soils are saturated – they just can't absorb anymore, like a water-soaked sponge," said Gary McDowell, director of the Michigan Department of Agriculture and Rural Development.

That meant 920,000 acres of Michigan farmland not planted last year, he said – "and the way it's looking now, it's probably going to be more this coming spring."

A group of mostly Republican state lawmakers in December appealed to Whitmer to declare a state of emergency along the Lake Michigan shoreline, which they said would allow the governor to utilize more financial resources to address erosion and property damage.

But Whitmer has so far resisted such a designation, her office noting that counties would typically first request emergency declarations, and many have not yet utilized emergency funding already available to them.

Whitmer on Monday created an ad hoc Michigan High Water Action Team made up of state agencies to identify assets that can be marshaled to high-water incidents, and to coordinate communications across agencies and levels of government. Town hall meetings will be scheduled across the state this spring to inform residents about the impact of high water levels and how the state is responding. Details on the meetings will be released in coming weeks, officials said.

hp LOCAL

Looking for a new job?
Open Interviews with local employers
Tuesday, February 25 from 10AM–12PM
More info: 1-800-285-WORKS miworks.org
MICHIGAN WORKS! Berrien • Cass • Van Buren

BENTON HARBOR

Future operations of cemetery still up in the air

Manager plans to leave March 15

By LOUISE WREGE
HP Staff Writer

BENTON HARBOR — It is still not known who will manage Crystal Springs Cemetery after the current manager leaves March 15.

Members of the Benton Harbor Cemetery Board called a special meeting Tuesday, where they hoped to hear an update from City Manager Ellis Mitchell. But there wasn't a quorum and Mitchell was absent.

Bert Edquist, who started managing the cemetery on Oct. 1, 2013, told the two board members present that no one from the city has contacted him about buying the equipment needed to run the cemetery.

"We'll start packing things up by the first of March," he said.

Clerk Kimberly Thompson set another special meeting for 1 p.m. Feb. 25. She also asked Edquist to attend the next legislative committee meeting at 5 p.m. March 4 to give an update on what is happening at the cemetery.

Mitchell was unavailable for comment after the meeting.

Edquist gave notice to the city in October that he was leaving. At the time, he said he is turning 70 this year and wants to cut back. He owns North Shore Memory Gardens in Hagar Township, Mission Hills Memorial Chapel, Crematory and Gardens in Niles and North Shore Event Center in Benton Township.

He took over managing Crystal Springs Cemetery and Morton Hill Cemetery in a 20-year agreement negotiated by then-Emergency Manager Tony Saunders II. Edquist agreed to buy the existing cemetery equipment for $100,000 and to pay a onetime $25,000 management fee.

On Tuesday, he said he has added a lot more equipment to the cemetery, including computers, printers and a computer program to keep track of who is buried where. He said he purchased two fire boxes worth $2,000 apiece to put the written records in. When he arrived there, he said the records were not stored in fire files.

"If the office would have burned, everything just burns up with it," he said.

Unless the city pays for the fire files, he said he's going to put the records into cardboard boxes so he can take the fire files with him.

"I'll help out as best I can, but I'm not going to leave dollars there at the cemetery," he said. "If someone wants to buy it, then I'm more than happy to leave it there."

He said that if city officials want him to, he will continue helping families bury their loved one in the cemetery. But he said the families will have to pay the city, which will then pay him.

"I'm not bailing," he said. "I just don't want the legal responsibilities anymore. And I don't want to maintain the cemetery."

Edquist estimated that the office equipment is worth $10,000, with the outdoor equipment worth another $60,000 to $70,000. He said a lot of work will need to be done in April to prepare the cemetery for Memorial Day and to keep the grass cut.

Board members Lisa Varrie and Lisa Gorman-Burton said they have been talking with friends and family about volunteering time and/or equipment to help care for the cemetery.

Varrie, who also sits on the Twin Cities Area Transportation Authority, said members of that board have said they will help with the cemetery's care.

Morton Hill Cemetery in the city is 2.78 acres and is fully developed, while Crystal Springs Cemetery is 120 acres, with only 65 acres developed.

Contact: lwrege@TheHP.com, 932-0361, Twitter: @HPWrege

BENTON HARBOR

Photos by Don Campbell / HP staff

Carlisle Sutton, with Andrews University, works on a math assignment with Choyce Lewis, 13, Monday afternoon as part of a new mentoring / tutoring program at the Benton Harbor Housing Authority on Buss Avenue in Benton Harbor.

Forging community bonds

Lakeland, Andrews partner with BH housing authority to tutor students

By LOUISE WREGE
HP Staff Writer

BENTON HARBOR — A volunteer tutor worked one-on-one with a sixth-grade student on how to add negative numbers.

Another volunteer helped a seventh-grader understand integers.

Two second-graders played Jenga with yet another volunteer.

They are just a few of the almost 20 children living in the Benton Harbor Housing Authority on Buss Avenue who are receiving help in math once a week thanks to a partnership between the housing authority, Spectrum Health Lakeland in St. Joseph and Andrews University in Berrien Springs.

Monday was the third week for the new tutoring program, said Carlisle Sutton, director of community engagement integration & service at Andrews University.

Sutton said the idea was first discussed during a recent meeting of Berrien County ALPACT (Advocates and Leaders for Police and Community Trust).

Theodore Parker, right, a senior at Andrews University, works with Anthony Jones, Jr., 11, as his mother, Stacy Jones, watches, during the new mentoring / tutoring program.

"We noticed that there are several needs, so we did a community needs assessment," he said. "In doing that, we came to understand that there are challenges with math, as well as with reading."

He said six Andrews University students and two university staff are volunteering their time to help the children.

Nadia Nosworthy, an assistant professor and educational psychology program coordinator at the university, said the tutoring is aimed toward first- through sixth-grade students, but they turn no one away.

Shawna Henry, clinical associate professor of nursing at the university, said besides helping with math, her students teach participants, during the last 15 minutes of the session, how to make healthy choices. So far, she said they have discussed the importance of rest and of making healthy food choices. She said a handout is sent home with the children, giving the entire family the opportunity to benefit.

CLAYBORN

Margaret Clayborn with Spectrum Health Lakeland said she wants to let people in Benton Harbor know about what is offered at the health organization. In addition, she said the hospital system wants to help people in Benton Harbor live healthier lives.

See TUTORING, page B2

BENTON HARBOR SCHOOLS

Marching band happy to accept $500 gift

By LOUISE WREGE
HP Staff Writer

BENTON HARBOR — The Benton Harbor Tiger Marching Band received $500 Tuesday thanks to the healthy food choices of students and staff at the high school.

Peju Makinde, general manager of SodexoMagic in Benton Harbor, told school board trustees that the high school placed 27th out of 100 competing in the Sodexo Healthy High School National Challenge.

"As a result, we won $500," she said. "We're here today to pay this forward and present this little token to the Tiger Marching Band," she said. "We are hopeful that this little change can help with any upcoming needs."

Band Director Ron Evans said he's been working hard over the past five years to improve the district's band program and the money will help.

"We have a lot of work to do, but ... we're taking one step at a time," he said. "The band is sounding a lot better."

Board trustees also heard from Benton Harbor High School graduate Darryl Jackson, who wants to put former basketball Coach Paul Wilhite's name in the floor of the high school gym so it is called Coach Paul Wilhite's Court.

"He's the only coach to take the boys and the girls to the state championship," he said. "Coach Wilhite has been a mentor to a lot of us."

He said he first approached former school board President Stephen Mitchell about the idea.

"Wilhite's well, he's alive. It's something that can be done before he passes," Jackson said.

After the meeting, school board President Joseph Taylor said the board is still accepting applications for the trustee seat that was vacated when former Secretary Patricia Rush resigned Jan. 27.

Interested people can send their name, address and phone number, reason for their interest in the position and a short biography to BHAS Central Administration, Attn: Susan West, 870 Colfax, Benton Harbor MI 49022. Or, the information can be emailed to susan.west@bhas.org.

Applications are due by Feb. 21.

Contact: lwrege@TheHP.com, 932-0361, Twitter: @HPWrege

DOWAGIAC

City buys blighted lot near high school

Abandoned factory now sits on property

By DEBRA HAIGHT
HP Correspondent

DOWAGIAC — Three major projects are moving forward after action this week by the Dowagiac City Council. Council members approved the purchase of property near Dowagiac Union High School, applied for a $2.6 million grant to fund sewer system improvements, and set a public hearing for a new housing program.

City Manager Kevin Anderson reported that the city is buying the former ICG property off Paul Street from the Chicago-based Michigan Other Industrial company for $150,000. The bulk of the property is located between the high school and the high school football field on Paul Street.

Anderson said the former ICG property has been vacant for more than a decade and the upcoming removal of the abandoned factory building on the site will make way for new parking for the high school. He noted that the school district is looking to construct a 200-space parking lot.

"This has been an ongoing process to buy the property," he said. "This is the third owner of the property in five or six years. It's been an eyesore for a long time."

He called the city's purchase of the land as a "watermark" day for the community. "With the last school bond issue, the community make a huge improvement to improve the high school and the football field and in-between was this blighted property," he said. "We're very excited to have this in place."

Anderson said the city will next do an environmental study of the site for between $10,000 and $15,000 and then demolish the building at an estimated cost of $70,000. The Dowagiac school district will reimburse the city later for those costs and lease the property for a $1 a year, with the right to buy the land later.

City and school officials will work together to design the parking lot as well as adjacent green spaces. "We'd like to get the demolition done as quickly as possible," he said. "The area will look a lot different in eight to 10 months."

Anderson said the council held a public hearing this week

See DOWAGIAC, page B2

Photos by Don Campbell / HP staff

Nadia Nosworthy, assistant professor in the Department of Graduate Psychology & Counseling at Andrews University, joins volunteers as they help mentor students Monday at the Benton Harbor Housing Authority on Buss Avenue in Benton Harbor.

TUTORING

From page B1

Sutton said the tutoring program fits in well with the university's continuing efforts to help Benton Harbor High School students improve their math skills.

For the past two summers, he said Benton Harbor High School students have been brought to the university to study Algebra I and Algebra II for high school credit. He said eight students took part in 2018, with 10 in the program last summer. They are making plans for more students to take part in the program this summer.

"The kids who took part in the program previously are interested in coming back this summer," he said.

The students are learning more than just math. Sutton said the high school students are at the university from 8:30 a.m. to 3 p.m. Monday through Friday for eight weeks. In addition to math, he said they are exposed to different careers and learn techniques that will help them succeed academically.

Shawna Henry, a clinical associate professor of nursing at Andrews University, works with Benton Harbor students Monday afternoon.

He said SodexoMAGIC helps feed the students, while financial support from area donors cover other costs.

Both programs will be expanded if more volunteers and funding can be found.

Anyone who would like to donate can email Sutton at carlisle@andrews.edu, or Clayborn at mclayborn@lakelandhealth.org.

Contact: lwrege@TheHP.com, 932-0361, Twitter: @HPWrege

North Berrien Museum to host suffrage event next Tuesday

By HP STAFF

COLOMA — The North Berrien Historical Museum will host a presentation on women's suffrage on Tuesday evening, Feb. 18, according to a news release.

Michigan women were on the forefront of the national women's suffrage movement and the state of Michigan was often in the national eye. This was due to its pioneering status as one of the few states where women could vote in school elections long before they won full suffrage. The upcoming 100th anniversary of the ratification of the 19th Amendment is a fitting time to examine and celebrate Michigan's role in the suffrage movement.

Ruth Stevens is a retired professor of legal studies at Grand Valley State University, where she taught a Women and the Law, among other courses. She is currently a member of the board of the Greater Grand Rapids Women's History Council. Her work on Ella Mae Backus, the first female assistant U.S. attorney in Michigan, was published in the Michigan Historical Review. More recently, Stevens has turned her attention to filling gaps in the story of the women's suffrage movement in Michigan, with special attention to local suffrage efforts. Her presentation, "Getting the Vote: Michigan Women and the Path to Suffrage," is an inspirational story which sheds light on how determined individuals can join together to battle and overcome injustice, according to the news release.

No RSVP is required for this free program. The event starts at 7 p.m. at the North Berrien Historical Museum, at 300 Coloma Ave across from Coloma High School. Please contact peter@northberrienhistory.org with any questions, or call the museum at 269-468-3330.

Blossomtime fashion show is March 1

By HP STAFF

BENTON TOWNSHIP — The annual Blossomtime Fashion Show will be held Sunday, March 1 at Upton Hall Lake Michigan College just three weeks prior to the Miss Blossomtime Pageant.

The theme of the show is "#ootd – Outfit of the Day" featuring all the 2020 community queens. Jeff Alisch is this year's chairperson and the event will be emceed by 2019 Miss Michigan, Mallory Rivard.

Doors will open at 11:30 a.m., with the show starting at 1 p.m.

The Blossomtime community queens will showcase their community themes in a special segment and will model gowns provided by Memories Bridal and Evening Wear. The show will also feature Miss Teen Blossomtime, Miss Jr. Teen Blossomtime, Little Miss Blossom, Miss Pre-Teen Blossom and the Bud Prince and Princess and their courts, modeling apparel from Wedding Belles Pageant and Prom. Community queens will be available for photo ops and autograph signings from 11:30 a.m.-12:30 p.m. A silent auction will take place from 11:30-12:45 for community-inspired gift baskets filled with many donated items.

Tickets must be purchased for meet and greets, show and auction. The tickets, costing $20, are available from the Blossomtime office, 2330 S. Cleveland Avenue, St. Joseph, (269) 982-8016, by email at office@blossomtimefestival.org, and at the door.

DOWAGIAC

From page B1

and approved applying to the state of Michigan for a $2.63 million infrastructure improvement grant through the Community Development Block Grant program. If successful, the city will get $1.95 million with the rest coming from local funds.

He said the city will be able to make needed manhole, sewer line and lift station improvements more quickly if the grant is received. "This is another piece of follow up work from the SAW grant we got a few years ago. That grant helped us identify where we needed to do work. This is work we have to do over the next 10 to 15 years and with the grant we can do it sooner."

He said the $2 million SAW (Stormwater Asset Management and Wastewater) grant the city got in 2017 identified a total of $12 to $13 million worth of work and showed among other things that many of the city's sewer lines have hairline cracks.

He said the city should know whether they're getting the grant in a couple of months and some work could be done still this year if the grant comes through. He said much of the work can be done underground and won't involve a lot of digging.

Anderson said the council set a public hearing for Feb. 24 at 7 p.m. to inform the public of plans to place a modular home on a city-owned lot at Parsonage and Spruce streets. The city has been selected to receive $196,000 grant from the Michigan State Housing Development Authority to build the home.

He said the goal of the program is to show the public what can be done to put new homes into existing neighborhoods. He said the house the city is getting is a stick-built house built in a factory and then brought to the site. The foundation will be placed in coming months and the house should be on the site by the end of the summer.

"The state is willing to put money out to build spec demonstration homes for the public to see," he said. "We can get money for one house with the hope of generating three more homes built by private developers. When we sell our house, the money goes back to the state."

2020 CLOVERLEAF SPELLING BEE

Thursday, February 20th - 8:30am

2020 NATIONAL SPELLING BEE

LAKE MICHIGAN COLLEGE
Mendel Mainstage

Local Winner Advances to the National Competition at the 93rd Annual Scripps Spelling Bee in Washington DC, May 24-May 29, 2020

2020 Cloverleaf Spelling Bee Prize List

Grand Champion:
- $1,925 entry fee to the National Spelling Bee in Washington, D.C. from Cloverleaf Spelling Bee and Herald-Palladium
- $1,605 room/tax paid fees towards the trip to Washington, D.C. from Cloverleaf Spelling Bee and Cook Nuclear Plant
- $1000 cash for travel and prize money from Cook Nuclear Plant
- Savings bond from Mr. Samuel Louis Sugarman
- Merriam-Webster's Dictionary, Online Unabridged
- One-year subscription to Encyclopedia Britannica Online from Encyclopedia Britannica
- 3-month eMentor subscription from Hexco Academic in Texas

2 - $200 cash from Cloverleaf Spelling Bee Merriam-Webster's Collegiate Dictionary, Eleventh Edition donated by Merriam-Webster

3 - $100 cash from Cloverleaf Spelling Bee 3-month eMentor subscription from Hexco Academic in Texass

4 - $80 cash from Cloverleaf Spelling Bee 3-month eMentor subscription from Hexco Academic in Texas

5 - $70 cash from Cloverleaf Spelling Bee

6-15 Gift certificate for a pizza from Michigan Pizza Hut

ALL PARTICIPANTS will receive a prize packet from Honor Credit Union, Herald-Palladium and Berrien RESA

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Encyclopedia Britannica

Bee Administrator - Tonya Snyder; tonya.snyder@berrienresa.org
Pronouncer - Dawn Howley
Judges - Vivian Achterberg, Chris Martin, Andy Steinke

Berrien RESA and The Herald-Palladium sponsor the annual spelling competition. Space is donated by The Mendel Center for Arts and Technology.

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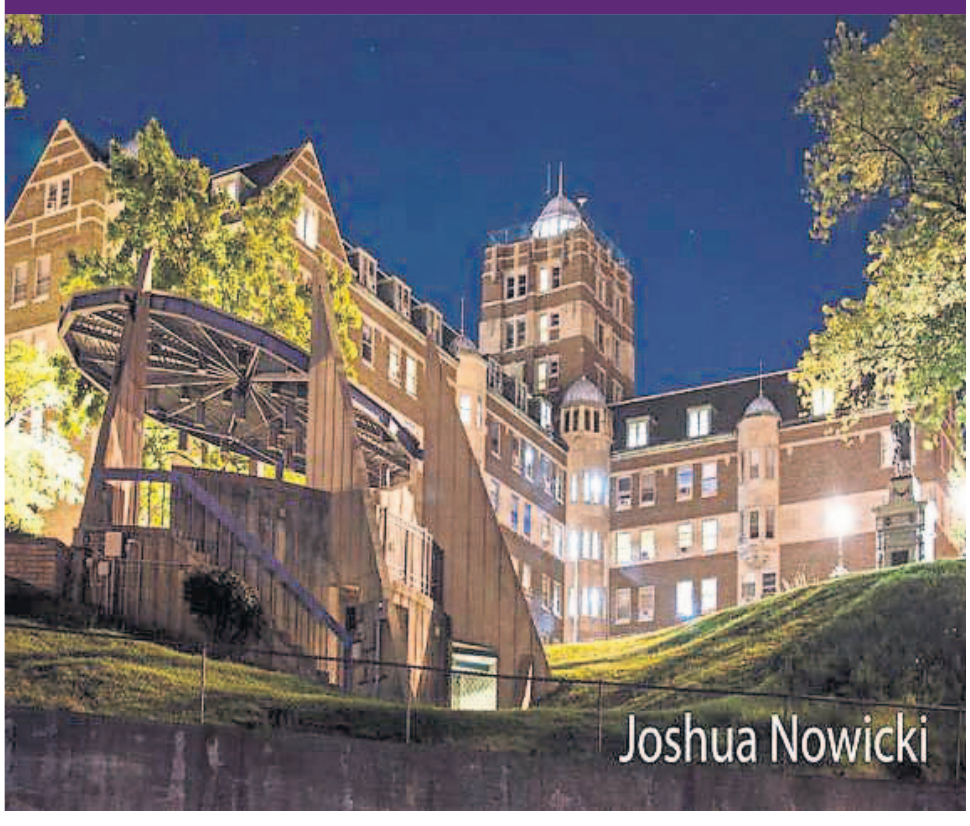
OPEN HOUSE
Thursday, February 27th
4:00pm - 6:00pm
Refreshments & Snacks Available



hp FOOD

A taste of Louisiana at Timothy's this Mardi Gras season

Ignore the snow outside because inside Timothy's Restaurant in Union Pier it's New Orleans during Mardi Gras season – beads and all.

Jane Ammeson

As he does every year, Owner/Executive Chef Timothy Sizer kicks it up a few notches, doses out a few Emeril Lagasse "Bams!" and goes all out for this Louisiana celebration.

He changes the menu each year, but there are always staples like gumbo, étouffée and jambalaya. This year, the menu also includes Fried Louisiana Oysters, Red Beans and Rice, Fried Green Tomatoes with Crawfish Sauté and Cajun Remoulade, Blackened Red Fish Meunier served with Pecan Butter, and my new favorite, Warm Crawfish Cheese Dish.

Regarding the latter, our server told us they all wait eagerly for this time of year so they can eat it up.

There's also a selection of desserts, such as King Cake, pecan pie and beignets, all served with house-made praline ice cream.

Tim, who is originally from St. Joseph, moved to Florida after graduating from Johnson & Wales University College of Culinary Arts in Rhode Island. He worked at several restaurants, and owned one as well, specializing in fish and Cajun/Creole cuisine.

When I asked him why he returned about 15 years ago – it was really cold that night, and Florida sounded very good – he said it was the pull of being back home.

Lucky for us.

Timothy's Mardi Gras celebration ends on Feb. 23. The following recipes are courtesy of Timothy's Restaurant.

Photo provided

Sazerac is a blend of cognac, whiskey, lemon juice and Pernod.

Sazerac

Makes 2 cocktails.

2 ounces cognac
2 ounces Rye whiskey
Juice of 1/2 lemon
1 ounce Pernod
2 large ice cubes
Lemon peel, for garnish

Mix cognac, rye, lemon juice and Pernod. Place ice cube in two glasses. Pour drink mixture evenly between the glasses. Garnish each glass with lemon peel.

Crawfish Dip

2 cups olive oil
1 tablespoon garlic, minced
3 ribs celery, diced
1 onion, diced
1 tomato, diced
8 ounces cheddar cheese
8 ounces sour cream
1 ounce Worcestershire sauce
2 ounces horseradish sauce
2 teaspoons cayenne
2 teaspoons black pepper
1 ounce salt
8 ounces crawfish tail meat

Heat a skillet. Add olive oil and sauté garlic and vegetables.

Add cheese, cream, Worcestershire sauce, horseradish, cayenne, black pepper and salt, and cook for 10 minutes on low heat.

Blend, and then add crawfish meat.

See **AMMESON**, page B4

Photo provided

Crawfish Dip is shown with buttered toast points.

Photo provided

Lashunn Harper is owner of Dialo's Cafe in Benton Harbor. The restaurant offers a lot of Southern-style foods.

Celebrating Black History Month

Recipes highlight black Americans' contributions to our cuisine

By JANE AMMESON
HP Correspondent

Every February, we celebrate Black History Month to honor all the wonderful achievements black Americans have made, including their contributions to our cuisine.

Despite profound influences – think macaroni and cheese, and Tennessee whiskey, just to name a couple – many of these "food influencers" were enslaved, and their names mainly lost to history. But their stories, when told, are unique.

Black men cooked on wagon trains as they headed west, and black men and women cooked in the homes of their enslavers.

Two served in the White House. Enslaved gentleman Hercules Posey, who was "owned" by George Washington, was Washington's executive chef. James Hemings traveled to France with Thomas Jefferson and became a master of French cuisine.

When you take a sip of Tennessee whiskey, you can thank Nathan "Nearest" Green, the first known black master distiller. He specialized in a sugar maple charcoal filtering process, called the Lincoln County process, that gave his whiskey an unusual smoothness. This way of making spirits was said to have originated in Africa.

Green befriended a poor young white boy, Jasper Newton, who eventually opened a distillery called Jack Daniels and made Tennessee whiskey using Green's recipe. Though Green, who was retired by then, didn't work for Daniels at the distillery, his three sons and two grandsons did.

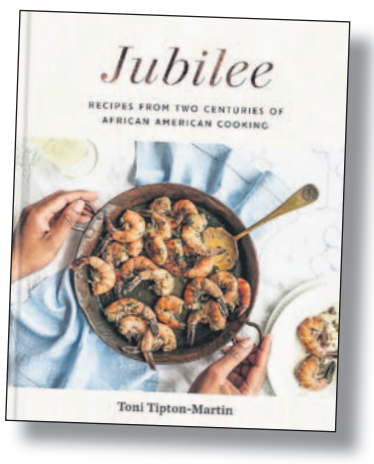
For Lashunn Harper, owner of Dialo's Café in Benton Harbor, black cookery, or soul food, includes traditions passed down through the family. He learned to cook when he was a youngster growing up in Buchanan as well as from his grandparents, who owned a farm in Benton Harbor.

Cooking at Dialo's means lots of Southern-style food, making gallons of the family's barbecue sauce, and embracing the changes of today's diets.

"We do gluten-free, vegetarian, keto, whatever our customers want," says Harper, who previously worked for his father, who owned Bud City and was a sous chef at Point O' Woods Golf & Country Club.

For those who like New Orleans-style dishes, Harper says one of his most popular dishes is smothered chicken. And, in keeping with the times, he also offers breakfast items, such as salmon croquettes, chicken and waffles, biscuits and gravy, sliders, and a turkey sausage, egg and cheese sandwich.

"Black cooking is historical," he says. "It comes with many traditions, but it also breaks out and embraces the new."



Toni Tipton-Martin has searched through black American cookbooks going back two centuries – first for her cookbook "The Jemima Code," and now for her latest book, "Jubilee: Recipes From Two Centuries of African American Cooking."

A culinary journalist, her books are "a way of drawing attention to the invisible African American food traditions and professionals in our midst, honoring them and the rich – and delicious – diversity of their dishes."

In "Jubilee," she adds historic context to her recipes, giving descriptions to explain their origins.

For the classic French fricassee, a meat simmering in a rich cream gravy, or as Harper calls it on his menu, smothered chicken, Tipton-Martin notes that it is a centuries-old French blueprint elaborated by black cooks over time to create delicacies from tough or less desirable meats, fish or poultry.

"From this foundation, stewed chicken, also known as chicken and gravy, is the basis of a wide range of entrees – from one-pot meals to compound specialties such as chicken and rice – and there are just about as many varieties for chicken and dumplings as there are cooks who prepare it," she writes. "Just don't be confused by the name. These dishes are based on the same method as the comforting smothered chicken with onion gravy that Grandmother served on Sundays with cornbread dressing or macaroni and cheese."

It's an interesting connection to the past. By eating a plate of smothered chicken at Dialo's, we're going back centuries to French classic cuisine as re-interpreted through the years, but whose roots are essentially the same.

Working from old recipes meant adapting them at times, Tipton-Martin says.

"I did so where appropriate," she says, noting she had a formula tied to her investigative journalism skills so she could create a template and record several versions across decades of a dish.

She also uses the recipes she chose to help show how black food isn't simplistic, but instead is about "classic techniques, formal training, global flavors and local ingredients."

See **BLACK HISTORY**, page B4

BREAKFASTS AND BANQUETS

Wings: American Legion Post 331, 4241 Legion St., Bridgman, will hold a wing night from 5-7:30 p.m. today. Cost varies. Each meal includes celery, and barbecue, ranch, blue cheese or hot sauce.

Burgers: American Legion Post 518, 4789 Weechik Road, New Troy, will have a hamburger night from 5-8 p.m. today. Cost is $5 for a burger, fries, salad and dessert. Cost is $6 for a burger, onion rings, salad and dessert. Cost is $3.50 for salad and dessert only.

Burgers and taco salad: The Van Buren Sportsmen's Club, 54630 County Road 687, Hartford, will serve dinner from 5-8 p.m. today. Burgers start at $3. Taco salads start at $5.75. For more information, call 621-3994 after 2 p.m.

Burgers and brats: The D.A.N.K., 2651 Pipestone Road, Benton Harbor, will serve burgers for $3, brats for $1.50, hot dogs and sides from 6-8 p.m. today. Drink specials will be available.

Burgers: American Legion Post 105, 1645 Paw Paw Ave., Benton Harbor, will hold a burger night from 5-8 p.m. Thursday. A 1/3-pound burger and fries starts at $4.25.

Fish, chicken or shrimp dinner: American Legion Post 331, 4241 Legion St., Bridgman, will serve dinner from 5-7:30 p.m. Friday. Meal options are an all-you-can-eat pollock dinner; a shrimp basket; a half chicken; or a one-fillet walleye dinner for $10. Included with each meal are coleslaw, fries and bread.

Fish fry: The Van Buren Sportsmen's Club, 54630 County Road 687, Hartford, will hold a fish fry from 5-8 p.m. Friday. The menu includes fish, chicken and shrimp. Prices start at $7.50. Salad bar is included. For more information, call 621-3994 after 2 p.m.

Steak or shrimp: American Legion Post 568, 3093 Johnson Road, Stevensville, will serve a New York strip steak for $13, and rib-eye steak for $16, and a steamed shrimp dinner for $8 from 4:30-7 p.m. Saturday. Dinner includes a choice of steak and/or shrimp, baked potato, salad, garlic bread and coffee. Take-out meals will be available.

Valentine's steak fry: The Sons of American Legion Post 362, 351 E. St. Joseph St., Coloma, will host a Valentine's steak fry dinner from 5-8 p.m. Saturday, which will include a 12-ounce rib-eye, baked potato, salad and Texas toast for $14.

Breakfasts and Banquets appears each Wednesday in Food. The deadline is the preceding Wednesday at noon. Civic groups sponsoring fundraising meals, classes or other food-related events should send information in writing to: Focus, The Herald-Palladium, P.O. Box 128, St. Joseph, MI 49085; fax to 429-4398 or email focus@TheHP.com.

BLACK HISTORY

From page B3

For Harper, it's also about adapting to a place and time without losing the flavors and history of the past. In other words, he says, it's about food in context, but also making sure people love eating it.

The following recipes are from "Jubilee."

Sweet Potato Bread

Makes 8 to 10 servings.

Softened butter and flour, for the loaf pan
1/2 cup pecans, chopped
1/2 cup dried cranberries
1 1/2 cups all-purpose flour, divided
2 teaspoons baking powder
1/2 teaspoon salt
1 cup packed light brown sugar
1 teaspoon ground cinnamon
1 teaspoon ground or freshly grated nutmeg
1/4 teaspoon ground ginger
1 cup mashed, cooked sweet potatoes, at room temp
2 large eggs, beaten
1 stick butter, melted
1/2 cup whole milk

Butter and flour a 9-by-5-inch loaf pan, and tap out any excess flour.

In a small bowl, toss together the pecans, cranberries, and 2 tablespoons of the flour, and set aside.

In a large bowl, whisk together the remaining flour, the baking powder, salt, brown sugar, cinnamon, nutmeg and ginger. Make a well in the center, and add the sweet potatoes, eggs, melted butter and milk. With a wooden spoon, stir the batter until lightly mixed. Gently fold in the nut mixture.

Spoon the batter evenly into the loaf pan. Bake until a toothpick inserted in the center comes out clean, 50 to 60 minutes.

Let cool for 5 minutes in the pan, then turn out of the pan onto a wire rack to cool slightly. Serve warm.

Baked (Barbecued) Beans

Makes 6 to 8 servings.

6 slices bacon
1 cup onion, minced
1/2 cup green bell pepper, minced
2 cloves garlic, minced
1 cup packed dark brown sugar
1/2 cup molasses
1/2 cup ketchup, or tomato sauce
2 tablespoons yellow mustard
2 tablespoons cider vinegar
1 tablespoon liquid hickory smoke (optional)
1/2 teaspoon crushed red pepper flakes
1/4 teaspoon black pepper
2 teaspoons salt, or to taste
1 pound cooked navy beans, plus 3 cups cooking liquid, or 3 (15.5-ounce) cans, undrained

Heat the oven to 350 degrees.

Cut 3 slices of the bacon into 1-inch strips. In a skillet, cook the cut bacon until browned and crisp. Use a slotted spoon to remove to paper towels to drain.

In the same pan, sauté the onion, bell pepper and garlic over medium heat until tender and the onion is translucent, about 5 minutes.

Stir in the brown sugar, molasses, ketchup, mustard, vinegar, liquid smoke (if using), pepper flakes, black pepper and salt. Mix well. Cook over medium-low heat until the sugar is dissolved, about 1 1/2 minutes.

In a large bowl, combine the beans, their liquid, the sauce and the cooked bacon.

Pour into a 13-by-9-inch baking dish, or a 3-quart casserole. Place the remaining 3 slices of bacon on top of the beans. Cover and bake for 45 minutes.

Uncover, increase the temperature to 425 degrees, and bake for 15 minutes more to brown the bacon slices.

Creole Fried Chicken

Makes 4 to 6 servings.

1 tablespoon salt, or to taste
1 teaspoon black pepper, or to taste
1 1/2 teaspoons paprika
1 1/2 teaspoons garlic powder
1 (3- to 4-pound) frying chicken, cut into pieces
2 large eggs, beaten
1/2 cup evaporated milk, or half-and-half

Photos provided

Creole Fried Chicken, above, and Calypso Coffee, below, are featured in "Jubilee: Recipes From Two Centuries of African American Cooking" by Toni Tipton-Martin.

1 cup water
1 cup all-purpose flour
1 cup finely crushed cracker meal or fine dried Breadcrumbs
Peanut or vegetable oil, for shallow-frying

In a small bowl, combine the salt, pepper, paprika and garlic powder.

Place the chicken on a board, and pat dry with paper towels. Place the chicken in a large bowl. Sprinkle with half the seasoning mixture. Use your hands to rub the chicken with the seasonings, turning to coat evenly on all sides.

In a small bowl, combine the eggs, evaporated milk, and 1 cup water. Pour the mixture over the chicken, and mix well to thoroughly coat. Refrigerate for 1 to 2 hours to allow the flavors to soak into the chicken.

In a small paper bag, combine the flour, cracker crumbs, breadcrumbs and the remaining seasoning mixture. Add the chicken to the bag, a few pieces at a time. Close the bag and shake to coat the pieces well. Remove the chicken to a wire rack to rest for 20 minutes.

Pour about 3/4 inch oil into a heavy deep cast-iron skillet and heat to 375 degrees over medium-high heat. (Use a thermometer, or if a small cube of bread sizzles immediately but does not burn when dropped into the pan, the oil is ready.) Adjust the heat to maintain this temperature as needed.

Working in batches of a few pieces at a time (do not crowd the skillet), add the chicken and cook until golden brown, about 12 minutes, turning once. Drain the chicken on paper towels and serve hot.

Calypso Coffee

Makes 2 drinks.

1/2 cup heavy whipping cream
5 tablespoons sugar, divided
6 ounces semisweet chocolate, chopped
1/4 cup water
1 cup strong-brewed coffee, such as Cuban or Jamaican Blue Mountain
1 to 2 tablespoons dark rum, to taste
Chocolate shavings, for garnish

In a bowl with an electric mixer, beat the cream on high speed until soft peaks form. Reduce the speed to low. With the machine running, sprinkle 1 tablespoon sugar over the cream. Increase the speed and continue to whip to stiff peaks. Do not overwhip.

In a saucepan, combine the chocolate and water, and stir over low heat until melted. When smooth, add the remaining sugar, and bring to a boil over medium heat, stirring. Reduce the heat to a simmer, and allow to bubble gently for 5 minutes, stirring constantly and scraping the pan bottom to keep the mixture from sticking.

Stir in the coffee, a little at a time, and continue to heat until just boiling. Remove from the heat.

Stir in the rum and pour into coffee cups. Top with dollops of whipped cream and chocolate shavings, and serve.

Chicken and biscuits is comfort food at its best

By GRETCHEN McKAY
Pittsburgh Post-Gazette

I've been making this dish for so long that I can't even remember where I got the original recipe.

It's my daughter Catherine's favorite dinner in the world, and I've changed it here and there over the years. She asks for it every time she comes home.

You can spoon the chicken over toast points or toasted English muffins, but I think it pairs best with a split buttermilk biscuit. Sometimes I stir a handful of shredded cheddar or sprinkle grated Parmesan into the pot for a cheesy upgrade, or substitute chopped green beans for the peas.

My go-to biscuit recipe from "The Big Bottom Biscuit Cookbook" by Michael Volpatt is so easy, but there's no shame in using refrigerated biscuits.

Creamed Chicken

Makes 4-6 servings.

6 tablespoons butter
1/2 cup all-purpose flour
Kosher salt and freshly ground black pepper
4 ounces baby portobello mushrooms, sliced
1 or 2 carrots, diced
2 cups milk
1/2 cup heavy cream
1 cup water
1 chicken bouillon cube
3 cups cooked chicken, cubed or shredded
1 cup baby peas
1/4 cup grated Parmesan or 1/2 cup finely shredded cheddar cheese, optional
Toasted sliced almonds or chow mein noodles, for garnish

Melt butter over medium heat in large saucepan. Stir in flour, a generous pinch of salt and a couple big grinds of black pepper.

Whisk until smooth. Allow to bubble for at least 1 minute while mixing.

Stir in mushrooms and carrots, and saute for 1 or 2 minutes. Add milk, cream, water and bouillon cube all at once.

Cook, stirring often, until bouillon cube is dissolved and sauce is thick and bubbly.

Season to taste with more salt and pepper, and stir in chicken and peas. If sauce is too thick, add a little more milk, cream or water. Now is the time to add Parmesan or cheddar, if desired.

Continue cooking creamed chicken over medium heat until it's warmed through.

Serve over split buttermilk biscuits, toasted English muffins or toast points.

Garnish with toasted almonds and/or chow mein noodles for crunch.

Photo provided

During Mardi Gras season, Timothy's Restaurant serves Étoufée.

AMMESON

From page B3

Serve with buttered toast points seasoned with Paul Prudhomme Blackening Seasoning.

Étouffée

Makes 6 servings.

6 ribs celery, diced
1 green bell pepper, diced
1 yellow onion, diced
2 ounces garlic, minced
2 ounces olive oil
4 ounces flour
6 ounces sweet sherry
16 ounces fish stock (can substitute vegetable or chicken stock)
1/2 teaspoon or more, to taste: cayenne, black pepper, basil, thyme and salt
1 bay leaf
Cooked shrimp (21/25 grade) and crawfish (1 pound frozen package), or chicken (2 large chicken breasts, diced and sautéed until no longer pink, but not thoroughly cooked)
3 to 4 cups cooked rice
Parsley, for garnish

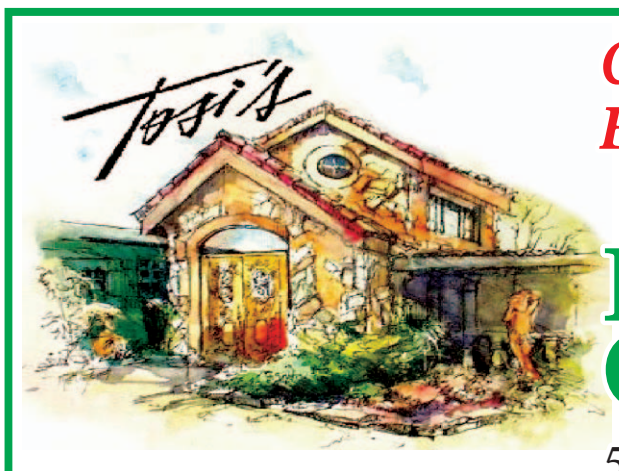
Sauté vegetables in olive oil until vegetables are soft. Dust all ingredients with flour, add sherry and stock.

Add cayenne, black pepper, basil, thyme, salt and bay leaf. Bring to a boil, then reduce heat to a simmer and cook for 10 minutes.

Add shrimp and crawfish, or chicken if using instead.

Place rice in the middle of each serving bowl. Add étouffée. Garnish with parsley.

Jane Ammeson can be contacted via email at janeammeson@gmail.com or by writing to Focus, The Herald-Palladium, P.O. Box 128, St. Joseph, MI 49085.



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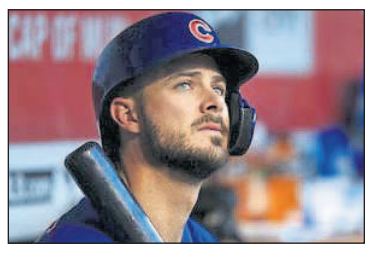
hp SPORTS

Cubs: No hurt feelings with Bryant

Page C2



Michigan State's Xavier Tillman moves the ball against Illinois' Kofi Cockburn in the second half of Tuesday's game.
Holly Hart / AP

Tillman dunks Spartans past No. 22 Illinois

CHAMPAIGN, Ill. (AP) — Star guard Ayo Dosunmu crumbled to the floor clutching his left knee as Michigan State's Xavier Tillman threw down a huge dunk at the buzzer that lifted the Spartans over No. 22 Illinois 70-69 Tuesday night.

Michigan St. 70 Illinois 69

The severity of Dosunmu's injury wasn't immediately made available. The Illini's leading scorer had 17 points Tuesday and is averaging 15.8 per game.

Rocket Watts led the Spartans (17-8, 9-5 Big Ten) with 21 points, and Tillman had 17. Aaron Henry and Cassius Winston added 13 and 12, respectively.

Andres Feliz scored 15 points and Kofi Cockburn added 11 for Illinois (16-8, 8-5).

Michigan State went on a 6-0 run midway through the final half. With the Illini struggling from outside, the Spartans played a switching zone defense most of the game, and Illinois had trouble penetrating.

Dosunmu hit two layups and Illinois went on a 10-0 run with nine minutes left. Illinois went on another 10-0 run and took its first lead of the game, 61-60 with 5:27 left.

The Spartans led 37-20 at the half after starting the game in an 8-0 run with 3-pointers by Henry and Winston.

Tevian Jones hit a 3-pointer at nearly four minutes into the game. Illinois was flat the entire first half and shot only 26 percent from the field, while the Spartans shot 50 percent.

BIG PICTURE

Michigan State: The Spartans needed the win on the road, which ended a three-game losing streak.

UP NEXT

Michigan State: Hosts No. 9 Maryland on Saturday.

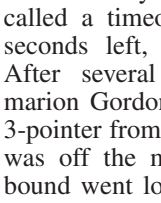
Illinois: Travels to Rutgers on Saturday and No. 13 Penn State next Tuesday,

Booker beats buzzer for Cougars

Cougars top Michigan Lutheran on late 3; Titans take girls game

By BEN SANDERS
HP Sports Editor

BENTON HARBOR — Charles Booker's ankle may not have felt great, but his game-winning shot sure did.



BOOKER

Booker hit a 3-pointer at the buzzer to lift Countryside to a 48-46 victory over Michigan Lutheran on Tuesday in Berrien-Cass-St. Joseph Conference White Division boys basketball action. The Titans won the girls game of the doubleheader 57-7.

Countryside boys 48 Lutheran 46

Lutheran girls 57 Countryside 7

Booker missed the third quarter with an ankle injury, but he returned in the fourth to hit the winner.

"With him being a senior, I trust his judgment with his ankle," Countryside coach Demarcus Gilbert said. "Just think, if he wasn't in the game, we probably wouldn't have had that finish."

Lutheran (4-5 BCS White, 6-7) never trailed in the fourth quarter until the final shot. Countryside (5-5, 5-6) called a timeout with 29.5 seconds left, down 46-45. After several passes, Lamarion Gordon attempted a 3-pointer from the wing that was off the mark. The rebound went long to Booker at the top of the key to set up the decisive shot.

"I didn't expect the ball to even come my way," Booker said. "After he missed the shot, I looked at the clock and I didn't really have much hope. But my teammate Jamere (Matlock) tipped the ball, and I was able to make a play.

"As soon as I shot it, it felt good. I couldn't see because two people jumped in front of me, but I could tell by the way I let it go it might have been good."

Lutheran went ahead 46-41 with three minutes to play on a 3-pointer with Max Plocher, but committed four turnovers the rest of the way and attempted just one shot.

"You've got to take care of the ball and you've got to rebound the ball," Lutheran

See COUGARS, page C2

Ron DeKett / HP correspondent
Benton Harbor's Carlos Johnson charges to the basket as Coloma's Drew Goodline defends during Tuesday's game.

Crafty Carlos

Carlos Johnson's triple double paces Benton Harbor in win over Coloma

By MAXWELL HARDEN
HP Sports Writer

BENTON HARBOR – Benton Harbor coach Corey Sterling was eager to see how his team would handle the absence of injured point guard Quindarius Davis from the lineup Tuesday night against Coloma.

Benton Harbor 80 Coloma 55

Carlos Johnson tallied 23 points, 10 rebounds, and 10 assists – his second consecutive triple-double – to lead his Tigers to an 80-55 victory in a non-conference boys basketball game.

"We're definitely missing our floor general," Sterling said. "That affected us. (Davis) does so much for us aside from scoring and playing defense. We just had to make the adjustments at halftime; I knew we'd play better in the second half."

The Tigers had a tough time closing out on Coloma guards Drew Goodline and Jake Ickes in the first half. Goodline knocked down four of his five 3-pointers in the first half and Ickes tallied three of his four triples in the first to keep the Comets in the game.

Goodline and Ickes finished with 20 and 18 points respectively. The game was tied up 19-19 after one quarter of play and Benton Harbor took a 36-31 lead into halftime.

"They're sensational," said Coloma assistant coach Shelly Perkins, who manned the bench in place of head coach Curtis McFall. McFall, a former Benton Harbor player and assistant coach, was ejected from Friday's game against Fennville after receiving two technical fouls, which earns coaches a one-game suspension.

Ron DeKett / HP correspondent
Coloma's Michael Dancer surveys the Benton Harbor defense before leaping to hit a three-pointer during Tuesday's game.

"They looked their opponents in the eyes and made shots," Perkins said. "They were willing to come out and be aggressive. When Drew and Jake come out aggressive, we can beat anybody in the state. Those guys hung in there and did everything I asked of them tonight. I'm extremely proud of them."

The Tigers, ranked No. 3 in Division 2, took control of the game in the second half with Johnson leading the charge. The Butler signee scored nine of his 23 points in the quarter and found cutters for easy baskets at the rim.

The Tigers outscored the Comets 21-11 to take a 57-42 lead into the fourth. Benton Harbor led by as many as 27 in the game.

The Tigers kept their foot on the gas in the fourth, getting lifts from two of its youngest players. Sophomore forward Delricco Gillespie scored eight of his 18 points in the fourth and sophomore guard Trucel Singleton – who received extended playing time off the bench in Davis' absence – scored five of his 10 points in the final frame.

"(Gillespie) has been playing well of late," Sterling said. "He's very long and good around the basket. He's getting better on defense, too."

Like many schools that play the

See TIGERS, page C2

Michigan State football: Five coaching candidates after Luke Fickell said no

By RAINER SABIN
Detroit Free Press (TNS)

A coaching search that seemed on a its way toward a quick resolution took a sudden turn Monday morning when Luke Fickell turned down the opportunity to become Mark Dantonio's replacement at Michigan State football.

Sources told the Free Press that the committee in charge of finding Dantonio's successor met Monday to discuss the next steps. Here is a list of candidates they could pursue in alphabetical order:

Bret Bielema

The former Wisconsin and Arkansas coach has "definite" interest in the opening at Michigan State, according to a source with knowledge of his thinking. Bielema's stock plummeted after a failed stint at Arkansas, where he went 29-34 before he was dismissed at the end of 2017.

But at one point, he was among the hottest names in college football after guiding the Badgers to three straight conference titles from 2010 to 2012 and posting a 68-24 record in seven seasons in Madison. Word is Bielema, 50, who serves as an outside linebackers coach and senior assistant with the New York Giants, is looking to get back into college football, and particularly the Big Ten.

Chris Creighton

Creighton would be a hard sell to MSU fans based on his record at Eastern Michigan. The Eagles have gone 28-47 during his six-year tenure in Ypsilanti. But Creighton, 51, has fared well at a job that seemed a lost cause not too long ago. Creighton has led the Eagles to three bowls in the last four years – a remarkable feat considering that Eastern Michigan had made one postseason appearance at the Division I level before his arrival.

Jim McElwain

Based on track record, proximity and direct ties to Michigan State from his days as an assistant, McElwain has appeal. The 57-year-old Central Michigan coach has won wherever he has been. He guided both Colorado State and Florida to 10-win seasons and negotiated a dramatic turnaround in Mount Pleasant this past season.

The Chippewas went 8-6 in 2019 after winning only one game the year before. McElwain has worked at MSU before, serving as assistant head coach under John L. Smith from 2003-05. He was Michigan's wide receivers coach in 2018.

Pat Shurmur

Shurmur, a Michigan State grad who is the Denver Broncos' offensive coordinator, has been mentioned as name to watch by sources close to the program. Shurmur has been the head coach with the Cleveland Browns and New York Giants – posting a 9-23 record at each stop.

See CANDIDATES, page C3

IN BRIEF

SJ announces Hall of Fame inductees

The 2020 St. Joseph High School Athletic Hall of Fame Induction Ceremony will take place at 7 p.m. Friday during halftime of the boys varsity basketball game vs. Mattawan. Vishal Arora (2010), Kim Adent Kooi (1984), and Tom DeVries (1973) will be the inductees.

Beal, Wizards beat Bulls 126-114

WASHINGTON (AP) — Bradley Beal scored 30 points, and the Washington Wizards held off Zach LaVine and the Chicago Bulls for a 126-114 win on Tuesday night.

Rui Hachimura added 20 points for Washington, which won for the fourth time in six games. Shabazz Napier and Ian Mahinmi had 15 apiece.

LaVine scored 19 of his 41 points in the fourth quarter as the Bulls whittled an 18-point deficit down to six points.

LaVine shot 15 of 21 from the field, including 8 for 11 from 3-point range. He is slated to compete in the 3-point contest during the All-Star festivities in Chicago this weekend.

Tomas Satoransky added 19 points for Chicago, which enters the break on a six-game losing streak. The Bulls had won four straight versus Washington.

Early third-period goal does in Wings

BUFFALO, N.Y. (AP) — Sam Reinhart jammed in a loose puck for the go-ahead goal 57 seconds into the third period in the Buffalo Sabres 3-2 win over the Detroit Red Wings on Tuesday night.

Marcus Johansson had a goal and assist and Conor Sheary also scored in a game the Sabres overcame two one-goal deficits. Carter Hutton stopped 27 shots, and Buffalo won for just he third time in its past nine (3-5-1).

Detroit's Darren Helm scored twice for his 11th multi-goal game and first since scoring twice on Oct. 17, 2016. Anthony Mantha had two assists in playing his first game after missing 20 with a rib injury and punctured lung.

Jonathan Bernier stopped 22 shots for Detroit, which was attempting to beat the Sabres for the second time in five days following a 4-3 shootout win at Buffalo.

The Red Wings, who sit last in the NHL standings, were unable to build on a modest run which had them win two of three, including a 3-1 victory over Boston on Sunday. Detroit instead dropped to 2-10-1 in its past 13.

Red Sox make Roenicke interim manager

FORT MYERS, Fla. (AP) — It took Ron Roenicke almost five years to get another chance as a major league manager.

He'll need to wait at least until next week for "permanency."

The Red Sox made Roenicke their interim manager Tuesday, promoting the former Brewers skipper to replace Alex Cora on the day Boston's pitchers and catchers reported for the start of spring training.

Although there is no expiration date on Roenicke's tenure, the interim tag will stay until Major League Baseball completes its investigation into whether the Red Sox engaged in illegal sign-stealing during their 2018 World Series championship season.

If the probe clears Roenicke, who has denied being part of any rules violations, he is expected to stay.

AIRWAVES

Television today

6:30 p.m. (FS1) **College Basketball** Creighton at Seton Hall. (Live) CC
7:00 p.m. (Bigten) **College Basketball** Rutgers at Ohio State. (Live) CC
(ESPN2) **College Basketball** Alabama at Auburn. (Live)
(FoxDetroit) **NBA Basketball** Detroit Pistons at Orlando Magic. (Live)
7:30 p.m. (ESPN) **NBA Basketball** Milwaukee Bucks at Indiana Pacers. (Live)
(NBCSports) **NHL Hockey** Montreal Canadiens at Boston Bruins. (Live)
8:30 p.m. (FS1) **College Basketball** Marquette at Villanova. (Live) CC
9:00 p.m. (Bigten) **College Basketball** Michigan at Northwestern. (Live) CC
(ESPN2) **College Basketball** Iowa State at Oklahoma. (Live)
(Golf) **LPGA Tour Golf** ISPS Handa Australian Open, First Round. (Live)
10:00 p.m. (ESPN) **NBA Basketball** Los Angeles Lakers at Denver Nuggets. (Live)
(NBCSports) **NHL Hockey** Calgary Flames at Los Angeles Kings. (Live)
10:30 p.m. (NBCSCH) **NHL Hockey** Chicago Blackhawks at Vancouver Canucks. (Live) CC

Thursday

12:00 p.m. (Golf) **PGA Tour Golf** The Genesis Invitational, First Round - Featured Groups. (Live) CC
2:00 p.m. (Golf) **PGA Tour Golf** The Genesis Invitational, First Round. (Live) CC
4:00 p.m. (ESPN2) **College Softball** St. Pete Clearwater Elite Invitational — Washington vs Alabama. (Live)
5:30 p.m. (FS1) **NASCAR Gander RV & Outdoors Truck Series** NextEra Energy 250, Final Practice. (Live) CC
6:00 p.m. (Bigten) **Women's College Basketball** Iowa at Maryland. (Live) CC
7:00 p.m. (ESPN) **College Basketball** Memphis at Cincinnati. (Live)
(ESPN2) **College Basketball** Wichita State at UCF. (Live)
(FoxDetroit) **NHL Hockey** Detroit Red Wings at New Jersey Devils. (Live)
(FS1) **NASCAR Cup Series** Bluegreen Vacations Duel 1 At Daytona. (Live) CC
(NBCSports) **NHL Hockey** Philadelphia Flyers at Florida Panthers. (Live)
8:00 p.m. (50) **AHL Hockey** Milwaukee Admirals at Chicago Wolves. (Live)
(Bigten) **College Basketball** Iowa at Indiana. (Live) CC
(TNT) **NBA Basketball** Los Angeles Clippers at Boston Celtics. (Live) CC
9:00 p.m. (ESPN) **College Basketball** Colorado at Oregon. (Live)
(ESPN2) **College Basketball** Washington at USC. (Live)
(Golf) **LPGA Tour Golf** ISPS Handa Australian Open, Second Round. (Live) CC
(NBCSCH) **NHL Hockey** Washington Capitals at Colorado Avalanche. (Live)
10:30 p.m. (FS1) **College Basketball** Arizona at California. (Live) CC
11:00 p.m. (ESPN2) **College Basketball** Arizona State at Stanford. (Live)

Radio today

6:30 p.m.
College basketball — Xavier at Butler (WSJM-AM, 1400; WSJM-FM, 106.1)
9 p.m.
College basketball — Michigan at Northwestern (WSJM-AM, 1400; WSJM-FM, 106.1)

Thursday

7 p.m.
College basketball — Memphis at Cincinnati (WSJM-AM, 1400; WSJM-FM, 106.1)

CONTACT US

The Herald-Palladium sports desk is staffed after 7 p.m. nightly. Coaches or managers are asked to report results as soon as possible the evening of the event for publication in the next day's edition.

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Theo Epstein claims 'no hard feelings' between Cubs, Bryant

By BRIAN M. BERGNER JR.
Associated Press

MESA, Ariz. — Theo Epstein claims there are "no hard feelings on either side" in the relationship between the Chicago Cubs and Kris Bryant.

Bryant's grievance against the team was denied by arbitrator Mark Irvings, who ruled the players' association did not prove Chicago's reasons for holding the third baseman in the minors at the start of the 2015 season were a pretext to push back his eligibility for free agency.

"I've had a good text exchange with KB, checking in here recently, and whether it's the trade rumors or the grievance matter, there are no hard feelings on either side," Epstein, the Cubs president of baseball operations, said Tuesday. "He's excited to report to camp later this week. He's excited for the 2020 season… He's looking forward to getting started and continue what's been a great relationship."

A three-time All-Star and the 2016 NL MVP, Bryant is eligible for free agency after the 2021 season.

MADDON

Responding to former manager Joe Maddon's assertion to ESPN that he had "philosophical differences" with the front office, Epstein said. "I've never wanted to get involved in running the clubhouse. I've never wanted to infringe on a manager's authority.

Maddon was quoted by ESPN as saying of Epstein: "At some point, I began to interfere with his train of thought a little bit. And it's not that I'm hardheaded. I'm inclusive. But when I started there – 2015, 2016, 2017 – it was pretty much my methods. And then all of a sudden, after 2018 going into 2019, they wanted to change everything."

Epstein said there had been only two instances he could think of in 18 years of running a big league team's baseball operations where he felt like "basic organizational standards for work, preparation and behavior were not getting met" and that he had to get involved and give feedback. Whether the 2018-2019 Cubs offseason was one of those times, Epstein would not say.

"I hold those two instances to myself, but I guess Joe indirectly alluded to it with some of his comments today," Epstein said. "But, that's fine, again, I love Joe, and nothing is going to get in the way of that. I don't think he meant any ill will to his comments. It might be his interpretation and hindsight of how he thinks things went down."

ROSS

First-year manager David Ross walked into the media room Tuesday and at first didn't know where to sit at the table in front of the cameras. He laughed and admitted he "didn't know protocol."

Ross was a fan favorite in 2016 when he was a backup catcher on the team that won the Cubs' first World Series title since 1908. He replaced Maddon after the Cubs went 84-78 and missed the playoffs for the first time since 2014.

"I think the main thing is there has been a lot of success here, and these guys have had a lot of experiences to pull from," he said. "Just coming back and paying attention to some of the details, grinding at-bats, focusing on cleaning up our base running a little bit, some of the small details where some things have maybe gone awry in the last year or two."

Ross added that it's nothing "earth shattering" on the focus this spring training.

"I think it's just a focus … working together, getting back to respecting one another and being accountable to your at-bats and your teammates," Ross said.

Ron DeKett / HP correspondent

Benton Harbor's Trucel Singleton evades efforts by Coloma's Drew Goodline to knock the ball loose during Tuesday's game.

TIGERS

From page C1

Tigers, the Comets used this game as a measuring stick to evaluate where they are as a team.

"We know we're going to see them in districts," Perkins said. "We wanted to show them that even though the district might be given to them, you're going to have to fight us in order to get it. I think we gained some respect from them tonight. There's a lot of stuff we can look at on film and shore up so that we can improve on tonight's performance."

The Tigers won't play again until next Tuesday's road trip to Muskegon Heights. Benton Harbor hopes to have Davis back for the home stretch of regular-season games.

"We're just trying to get everyone healthy," Sterling said. "With the way our schedule works out, we're able to get some rest. Hopefully, we can get (Davis) back and some of the guys have ankle injuries. We just have to stay healthy."

BENTON HARBOR 80, COLOMA 55

BENTON HARBOR (80)
Carlos Johnson 9 2-2 23, Delricco Gillespie 9 0-0 18, Kentrell Pullian 5 0-0 11, Trucel Singleton 5 1-1 10, William Suggs 3 1-3 7, Greg Cooper 3 0-0 6, Daniel Moore 1 0-0 3, Joseph Johnson 1 0-2 2. 36 4-8 80.

COLOMA (55)
Drew Goodline 6 3-5 20, Jake Ickes 6 2-2 18, Michael Dancer 2 0-0 5, Isaiah Reinhardt 1 2-3 4, Kenyon Boyd 2 0-0 4, Shawn Dryer 1 2-2 4. Totals: 17 7-10 55.

Benton Harbor	**19**	**17**	**21**	**23**	**– 80**
Coloma	**19**	**12**	**11**	**13**	**– 55**

3-point goals – Coloma 10 (Goodline 5, Ickes 4, Dancer), Benton Harbor (C. Johnson 3, Singleton, Moore, Pullian). Rebounds – Benton Harbor (Johnson 10, Gillespie 9). Assists – Benton Harbor (Johnson 10 assists). Total fouls – Benton Harbor 12, Coloma 9. Fouled out – None. Technical fouls – None.
Records – Benton Harbor 15-1, Coloma 7-7.

Contact: mharden@thehp.com, 932-0371, @HPMaxwellHarden

COUGARS

From page C1

coach Jeff Wallace said. "Sometimes things like this happen when you don't."

Adam Rosenbaum scored a game-high 13 points for the Titans and Cameron Guse added 10. Sam Rollins scored 10 points to lead a balanced Countryside offense.

The game was close throughout, and was tied at halftime and the end of the third quarter. Lutheran won the first meeting between the teams 41-38 in January.

"We had to get a statement win this season, and I think that was it," Gilbert said. "I think this can be the start of a good one right here."

In the girls game, Mara Rugen and Jessi Jewell scored 16 points apiece to lead Lutheran (10-1, 14-1). Jewell made four 3-pointers for the Titans, who had 18 assists as a team.

"I was really pleased with our passing game," Titans coach Ron Briney said. "I thought there were some great passes, particularly to the inside, and in running our offense. I was very pleased with how the ladies moved the ball and the rhythm shots that we took

Yneisha Washington scored five points for Countryside (2-9, 2-9).

Lutheran was playing for the third time in five days. The Titans suffered their first loss against New Buffalo, 54-34 on Friday, but bounced back to beat Frankfort 47-36 on Saturday.

"You don't know what you don't know until somebody takes something away from you," Briney said. "New Buffalo did a great job and took a very good, important game from us. I think that alerted us that invincibility is not a part of the game right now, that we have to continue to work to hard to stay with everybody else who's getting better. I thought we reflected that when we came back on Saturday when we played at Ferris State, and we had a sense of 'don't take things for granted' tonight too."

COUNTRYSIDE 48, MICHIGAN LUTHERAN 46

LUTHERAN (46)
Alex Ritter 1 0-0 2, Max Plocher 2 0-0 6, Nick Lockman 2 0-0 5, Abdul Erby 2 2-2 6, Andy Semenak 2 0-0 4, Adam Rosenbaum 5 3-3 13, Cameron Guse 4 2-2 10. Totals: 18 7-7 46.

COUNTRYSIDE (48)
Charles Booker 3 0-0 7, Lamarion Gordon 2 2-2 7, Jamere Matlock 3 1-2 8, Victor Norris 1 0-0 2, Sam Rollins 4 0-0 10, Elisha Smith 2 0-0 6, Terrance Allen 2 0-0 4, Jeffery Brown 2 0-1 4. Totals: 19 3-5 48.

Lutheran	**10**	**16**	**13**	**7**	**— 46**
Countryside	**5**	**21**	**13**	**9**	**— 48**

3-point goals – Lutheran 3 (Plocher 2, Lockman), Countryside 7 (Rollins 2, Smith 2, Gordon, Matlock, Booker). Total fouls – Lutheran 8, Countryside 11. Fouled out – none. Technical fouls – none.
Records – Michigan Lutheran 4-5 BCS White, 6-7; Countryside 5-5, 5-6.

MICHIGAN LUTHERAN 57, COUNTRYSIDE 7

LUTHERAN (57)
Mara Rugen 7 1-2 16, Rebekah Hisle 2 0-0 4, Jenna Koehler 4 0-0 8, Sophee Garcia 0 2-4 2, Abby Harris 2 0-0 4, Jessi Jewell 6 0-0 16, Clare Berghaus 2 3-4 7. Totals: 23 6-10 57.

COUNTRYSIDE (7)
Yneisha Washington 2 0-0 5, Celina Robinson 1 0-0 2. Totals: 3 0-0 7.

Lutheran	**17**	**22**	**7**	**11**	**— 57**
Countryside	**2**	**3**	**0**	**2**	**— 7**

3-point goals – Lutheran 5 (Jewell 4, Rugen), Countryside 1 (Washington). Total fouls – Michigan Lutheran 0, Countryside 9. Fouled out – none. Technical fouls – none. Assists – ML: Hailey Conrad 4, Jewell 3, Rugen 3. Rebounds – Harris (ML) 5. Steals – Rugen (ML) 4.
Records – Michigan Lutheran 10-1 BCS White, 14-1; Countryside 2-9, 2-9.

Contact: bsanders@thehp.com, 429-1294, @HPBenSanders

Irish fall in OT to Virginia

CHARLOTTESVILLE, Va. (AP) — Braxton Key made a free thow with 2:04 left in overtime and Virginia held off Notre Dame on a rough shooting night for both teams, 50-49 on Tuesday night.

Virginia 50, Notre Dame 49

Mamdi Diakite scored 20 points for the Cavaliers (16-7, 8-5 Atlantic Coast Conference), including the basket with 2:51 left in regulation that eventually forced the overtime. Jay Huff added eight points and nine rebounds.

Prentiss Hubb scored 12 and John Mooney had 11 points and 14 rebounds for the Fighting Irish (15-9, 6-7), who saw their four-game winning streak end. The Irish had a chance to win, but Rex Pflueger's 3-pointer from in front of the Notre Dame bench in the final seconds missed and Key tapped the ball away. The Irish finished 20 of 61 from the field (33%) and Virginia was 19-51 (37%).

In the overtime, Diakite hit a pair of free throws to give Virginia the lead, and Hubb's fall-away tied it again with 3:29 left. Key's free throw was the only point the rest of the way, the ball bouncing in after he air-balled the first attempt.

Virginia had trailed since the early going before a 10-0 run gave them a 43-38 lead. Diakite started it with a pair of free throws and Huff scored the last eight points, hitting a pair of 3-pointers and a baby hook. A basket by Diakite made it 45-40 with 6:48 left, but the Irish scored the next seven points until Virginia ended a nearly four-minute scoreless stretch on Diakite's turnaround with 2:51 left.

BIG PICTURE

Notre Dame: The Fighting Irish's winning streak coming in came at a good time, putting them in position to contend for an NCAA Tournament berth. It also came against teams they needed to beat in Wake Forest, Georgia Tech, Pittsburgh and on the road at Clemson.

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By HP STAFF

GIRLS BASKETBALL

LAKE MICHIGAN CATHOLIC 59, HOWARDSVILLE CHRISTIAN 17

LM CATHOLIC (59)
Chloe Mills 7 3-5 17, Emily Lage 6 2-2 14, Maggie Tidey 5 0-0 12, Claire LaSata 4 0-0 10, Elena Proos 2 0-1 6, Leah Brucal 0 0-2 0. Totals: 24 5-10 59.
H CHRISTIAN (17)
T. Hostetter 4 2-4 11, A. Hagenbush 1 0-0 2, I. Rupp 1 0-2 2, R. VamMorel 1 0-2 2. Totals 4 2-4 11.

LM Catholic	**17**	**11**	**17**	**14**	**– 59**
H Christian	**2**	**3**	**6**	**6**	**– 17**

3-point goals – LM Catholic 6 (Proos 2, LaSata 2, Tidey 2), H Christian 1 (Hostetter).
Records – LM Catholic 6-4 BCS White, 9-6; H Christian 4-7 BCS White, 4-9.

DECATUR 50, CASSOPOLIS 12

DECATUR (50)
Regan Rose 7 0-0 15, Dani Confer 4 2-2 11, Lauren Ogrin 2 2-1 5, Morgan Hall 1 0-0 3, Leah Baushke 4 2-0 8, Maddisyn Stull 1 0-0 2, Kendra Nuckels 1 0-0 2, Jania Green 1 2-2 4. Totals: 21 8-5 50.
CASSOPOLIS (12)
Salina Gary 2 0-0 2, Jadin Wolfe 2 0-0 4, Zaniya Dodd 2 2-0 4. Totals: 6 2-0 12.

Cassopolis	**2**	**4**	**4**	**2**	**– 12**
Decatur	**11**	**17**	**9**	**13**	**– 50**

3-point goals – Cassopolis 0; Decatur 3 (Rose, Confer, Hall).
Total fouls – Cassopolis 8, Decatur 3. Fouled Out – None. Technical Fouls – None.
Records – Decatur 9-3 SW10, 10-3; Cassopolis 3-8 SW10, 4-8.

ST. JOSEPH 39, BATTLE CREEK LAKEVIEW 36

ST. JOE (39)
Malone 2 5-9 9, Klaer 4 0-0 8, Junk 3 2-2 8, Inman 1 3-5 6, Barlow 2 0-2 4, Hunter 1 0-0 2, Krenek 1 0-0 2. Totals: 14 10-18 39.
LAKEVIEW (36)
Watkins 10 3-6 23, Klos 2 0-0 5, Carey 1 2-2 4, Palma 1 2-3 4. Totals: 14 7-11 36.

St. Joe	**10**	**6**	**14**	**9**	**– 39**
Lakeview	**10**	**6**	**14**	**9**	**– 36**

3-point goals – St. Joe 1 (Inman), Lakeview (Hutson). Total fouls – Lakeview 15, St. Joe 13. Fouled out – St. Joe (Klaer). Technical fouls – None.
Records – St. Joe 11-5, Lakeview 10-5.

HARTFORD 35, BANGOR 32

HARTFORD – Megan Nelson 13 points.
Records – Hartford 5-6 SW10, 7-6; Bangor 0-12 SW10, 1-13.
Complete results unavailable

COLOMA 36, BENTON HARBOR 27

COLOMA (36)
Megan Koenigshof 2 6-10 10, Vanessa Crisenberry 4 0-2 9, Megan Neubecker 2 2-5 6, Marissa Sherburn 3 0-1 6, Adian Allman 1 0-1 3, Amaria Echols 1 0-0 2. Totals: 13 8-19 36.
BENTON HARBOR (27)
Shaliya Perkins 4 0-0 9, Kyra Nichols 4 1-2 9, Jmya Jordan 1 2-2 4, Desrae Kyles 1 1-2 3, Eshanti Bell 1 0-0 2. Totals: 11 4-6 27.

Coloma	**4**	**12**	**13**	**7**	**– 36**
Benton Harbor	**8**	**2**	**10**	**7**	**– 27**

3-point goals – Benton Harbor 1 (Perkins), Coloma 2 (Allman, Crisenberry). Total fouls – Coloma 9, Benton Harbor 18. Fouled out – None. Technical fouls – None.
Records – Coloma 7-8, Benton Harbor 3-12.

RIVER VALLEY 50, LAWRENCE 25

RIVER VALLEY (50)
Emma Springer 7 1-4 15, Hailey Hauch 5 1-2 11, Taylor Volstorf 3 0-2 8, Joanna Vert 2 2-4 7, Alexis McCarty 3 0-0 6, Rebecca Oman 0 2-2 2. Macey Springer 0 1-4 1. Totals: 20 7-20 50.
LAWRENCE (25)
Kaylee Stroud 2 2-2 7, Peyton Murney 3 0-4 6, Catalina Mancera 1 1-6 4, Lily Marsh-Peek 1 2-4 4, Savannah Peek 0 2-6 2, Jian Toy 1 0-0 2. Totals: 8 7-22 25.

River Valley	**11**	**19**	**9**	**11**	**– 50**
Lawrence	**7**	**7**	**8**	**3**	**– 25**

3-point goals – River Valley 3 (Volstorf 2, Vert), Lawrence 2 (Mancera, Stroud). Rebounds – River Valley 53 (E. Springer 19, Rico 10), Lawrence 30 (Peek13). Total fouls – River Valley 20, Lawrence 16. Fouled out – Lawrence (Gonzalez). Technical fouls – None.
Records – River Valley 7-3 BCS White, 9-5; Lawrence 4-6 BCS White, 4-11.

LAKESHORE 40, BRIDGMAN 20

BRIDGMAN (20)
Olivia Tomlin 4 0-0 8, Samantha Rydwelski 1 0-2 2, Mackenzie Norris 1 0-0 2, Jalynn Krieger 1 0-2 2, Talea LaVanway 2 0-1 4, Brooklynn Wydick 1 0-1 2. Totals: 10 0-6 20.
LAKESHORE (40)
Ella Jeske 6 1-5 13, Jayden Schmaltz 3 0-0 6, Olivia Trivedi 2 0-0 4, Reneigh Sandmann 1 0-0 2, Riley Pifer 3 0-0 7, Hollee Hercik 2 0-0 4, Dominique Cela 0 0-2 0, Shelby Grau 2 0-0 4. Totals: 19 1-7 40.

Bridgman	**4**	**4**	**2**	**10**	**— 20**
Lakeshore	**11**	**5**	**12**	**12**	**— 40**

3-point goals – Bridgman 0, Lakeshore 1 (Pifer). Total fouls – Bridgman 11, Lakeshore 16. Fouled out – none. Technical fouls – none. Rebounds – Bridgman 30 (Rydwelski 7), Lakeshore 32 (Schmaltz 10).
Records – Lakeshore 5-11, Bridgman 3-12.

GULL LAKE 55, NILES 49

NILES (49)
K. Patterson 1 0-0 3, Bickel 3 0-0 6, Davies 4 0-0 8, Palmer 5 3-4 14, A. Patterson 3 2-2 11, Skarbek 1 0-0 2, Lucero 1 0-0 2, Rauch 0 3-4 3.
GULL LAKE (55)
Margol 0 2-2 2, Kanner 1 4-5 6, Neff 3 0-0 6, Ford 7 9-12 23, Watts 2 0-0 4, Bennecke 0 1-2 1, Bates 1 0-0 2, Jerke 4 1-2 10, Meadow 0 1-4 1.

Niles	**16**	**13**	**11**	**9**	**— 49**
Gull Lake	**14**	**16**	**11**	**14**	**— 55**

3-point goals – Niles 5 (A. Patterson 3, K. Patterson, Palmer), Gull Lake 1 (Jerke). Total fouls – Niles 22, Gull Lake 10.
Records – Niles 8-7, Gull Lake 7-7.

BOYS BASKETBALL

EAU CLAIRE 68, MENDON 49

EAU CLAIRE (68)
Hackney 20 points, Travis 19 points, Holmes 15 points, Murphy 9 points, Taylor 3 points, Gomez 2 points.
MENDON (49)
Cupp 12 points, Ames 10 points, Slaughter 9 points, Bailey 8 points, Newberry 5 points, Conklin 3 points, Street 2 points.
Total fouls – Mendon 20, Eau Claire 13. Fouled out – None. Technical fouls – None.
Records – 7-5 SW10, 8-6; Mendon 1-10 SW10, 1-10.
Complete results unavailable

GULL LAKE 58, NILES 40

NILES – Adrian Thomas 14 points.

Niles	**7**	**12**	**9**	**12**	**– 40**
Gull Lake	**16**	**12**	**18**	**12**	**– 58**

Complete results unavailable

HARTFORD 54, BANGOR 47

Hartford – Aaron Sinclair 13 points, Kaden Johnson 12 points.
Complete results unavailable.

NEW BUFFALO 69, COVERT 15

NEW BUFFALO (69)
Nathan Tripp 4 0-0 8, Kaden Parmley 7 1-2 15, Mark Shaw 4 2-2 10, Tucker Morse 5 2-3 14, Cole Haskins 0 0-2 0, Anthony Lijewski 6 0-0 14, Sean Gordon 2 0-0 5, Andrew Kuta 1 0-0 2, Michael Flick 0 1-3 1. Totals: 29 6-12 69.
COVERT (15)
Hector Hernandez 1 0-0 2, Nathan Thrift 1 0-2 3, Lazaro Gallegos 2 2-4 6, Michael Darling 2 0-4 4. Totals: 6 2-10 15.

New Buffalo	**25**	**18**	**17**	**9**	**— 69**
Covert	**3**	**9**	**0**	**3**	**— 15**

3-point goals – Lijewski 2, Morse 1 Total fouls – New Buffalo 18, Covert 6. Fouled out – Morse (NB). Technical fouls – none.
Records – New Buffalo 8-1 BCS White, 8-5; Covert 0-11, 0-14.

HOWARDSVILLE CHRISTIAN 69, LAKE MICHIGAN CATHOLIC 34

HOWARDSVILLE (69)
Nagel 1 0-2 2, Jergens 10 1-4 24, Parks 4 2-2 13, Cripps 2 0-0 5, Grandinard 1 2-2 5, Sam Nagel 0 0-2 0, Rose 4 0-0 8, Johnson 1 0-0 2, Josh Rose 3 3-4 10. Totals:
CATHOLIC (34)
Max Allen 3 1-4 8, Nate Green 1 0-0 2, Jake Koenig 2 7-8 12, Matt Rochefort 2 0-0 6, Jake Jozwiak 2 0-0 4, Charles LaSata 0 0-1 0, Jon Jollay 1 0-0 2. Totals: 11 8-13 34.

Howardsville	**15**	**16**	**17**	**21**	**— 69**
Catholic	**8**	**14**	**6**	**6**	**— 34**

3-point goals – Howardsville 9 (Jergens 3, Parks 3, Cripps, Grandinard, J. Rose), Catholic 4 (Rochefort 2, Koenig, Allen). Total fouls – Howardsville 15, Catholic 17. Fouled out – Allen (Cath).
Records – Howardsville 6-4 BCS White, 7-7; Catholic 2-9, 2-10.

SCOREBOARD

BOWLING

KELLEY'S BOWL
WILDLIFE SENIORS – Ken Klutts 671 (247), Dan Symonds 666 (248), Ken Ward 660, Jim Huling 659 (247), Tim Rynearson 647, Jodi Smith 569 (225), Losha Price 536, Jill Wilkens 520, Connie Koth 506, Carole Bell 500.
MOONSHINERS – Pam Head 610 (213), Sue Holland 586 (210), Gladys Hunter 567 (256), Tmesia Daughtry 532 (196). Team score: Bad Girls 1,631 (597).
COLOMA LANES
GEORGE HUFFMAN MEMORIAL – Dan Gulliver 726 (270), David Scheuer 717 (256), Jim Davis 665 (234), Charlie Broadhurst 693 (257), Ronald York 661 (289), Casey Wright 653 (238), Tim Mitchell 653 (224), Dennis Marsh 651 (225).
TUESDAY NIGHTERS – Nikki Needham 589, Alanna Swetay 539, Brenda Webster 528, Kandice Agee 518.

AREA SCHEDULE

Today
Wrestling districts
Division 2 at Niles
Edwardsburg vs. Coldwater, 6
Sturgis vs. Niles, 6
Championship, 7:30
Division 3 at South Haven
Watervliet vs. South Haven, 6
Coloma vs. Fennville, 6
Championship, 7:30
Division 3 at Brandywine
Buchanan vs. Brandywine, 6
Berrien Springs vs. Dowagiac, 6
Championship, 7:30
Division 4 at Decatur
Lawrence vs. Hartford, 6
Decatur vs. Bangor, 6
Championship, 7:30
Bowling
Coloma at Burr Oak (Strike Zone), 4
College basketball
LMC men vs. Kellogg CC, 7:30
LMC women vs. Kellogg CC, 5:30

Thursday
Wrestling districts
Division 2 at St. Joseph
Lakeshore vs. St. Joseph, 6
Division 4 at Eau Claire
Cassopolis vs. River Valley, 6
Eau Claire vs. Cassopolis-River Valley winner, 7:30
Boys basketball
Michigan Lutheran at Howardsville Christian, 7:30
River Valley at Covert, 7:30
Girls basketball
Michigan Lutheran at Howardsville Christian, 6
River Valley at Covert, 6
Berrien Springs at Bridgman, 7
Lawrence at New Buffalo, 7:30
Boys swimming
St. Joseph at Portage Central, 6
Bridgman at BC Lakeview, 6
Bowling
Vicksburg at South Haven (Lakeside Lanes), 11
Competitive cheer
Bridgman, Buchanan, Coloma, Dowagiac, Lake Michigan Catholic at Berrien Springs Rock The House Inv., 6

COLLEGE BASKETBALL

MICHIGAN ST. 70, NO. 22 ILLINOIS 69

MICHIGAN ST. (17-8)
Bingham 0-3 0-3 0, Henry 5-11 0-0 13, Tillman 8-13 0-1 17, Watts 9-14 1-1 21, Winston 3-6 5-7 12, Brown 1-4 0-0 2, Ahrens 0-2 0-0 0, Loyer 0-2 0-0 0, Hall 0-0 0-0 0, Kithier 2-2 0-0 4, Marble 0-0 1-2 1. Totals 28-57 7-14 70.
ILLINOIS (16-8)
Bezhanishvili 1-7 0-1 2, Cockburn 3-6 5-6 11, Dosunmu 7-17 2-2 17, Frazier 1-8 2-2 4, Williams 2-5 0-0 6, Feliz 4-8 7-8 15, Griffin 2-4 4-6 9, Jones 1-3 0-0 3, Nichols 1-2 0-0 2, Hamlin 0-0 0-0 0. Totals 22-60 20-25 69.
Halftime—Michigan St. 37-20. 3-Point Goals—Michigan St. 7-18 (Henry 3-5, Watts 2-4, Tillman 1-1, Winston 1-2, Bingham 0-1, Brown 0-1, Ahrens 0-2, Loyer 0-2), Illinois 5-18 (Williams 2-3, Griffin 1-2, Jones 1-2, Dosunmu 1-4, Feliz 0-1, Nichols 0-1, Frazier 0-2, Bezhanishvili 0-3). Rebounds—Michigan St. 29 (Tillman 11), Illinois 36 (Dosunmu 9). Assists—Michigan St. 10 (Tillman 3), Illinois 9 (Frazier 4). Total Fouls—Michigan St. 24, Illinois 16. A—15,544 (15,500).

VIRGINIA 50, NOTRE DAME 49, OT

NOTRE DAME (15-9)
Durham 3-4 0-1 6, Mooney 4-14 3-6 11, Gibbs 2-11 0-0 6, Hubb 5-12 0-0 12, Pflueger 0-5 0-0 0, Laszewski 5-11 0-0 11, Goodwin 1-4 0-0 3, Djogo 0-0 0-0 0. Totals 20-61 3-7 49.
VIRGINIA (16-7)
Diakite 7-15 6-8 20, Huff 3-5 0-1 8, Clark 4-9 0-0 9, Key 1-7 1-2 3, Woldetensae 2-9 0-0 5, Morsell 2-5 0-0 5, Stattmann 0-1 0-0 0, Caffaro 0-0 0-0 0. Totals 19-51 7-11 50.
Halftime—Notre Dame 26-22. 3-Point Goals—Notre Dame 6-26 (Gibbs 2-4, Hubb 2-7, Goodwin 1-2, Laszewski 1-6, Pflueger 0-2, Mooney 0-5), Virginia 5-20 (Huff 2-3, Clark 1-2, Morsell 1-3, Woldetensae 1-8, Diakite 0-1, Key 0-3). Rebounds—Notre Dame 29 (Mooney 14), Virginia 36 (Key 12). Assists—Notre Dame 11 (Pflueger 5), Virginia 8 (Clark, Woldetensae 3). Total Fouls—Notre Dame 14, Virginia 12. A—13,696 (14,593).

HIGH SCHOOL BASKETBALL

Tuesday's boys scores
Ada Forest Hills Eastern 77, Hamilton 59
Adrian 54, Chelsea 49
Allegan 56, Dowagiac Union 26
Alma 46, Freeland 39
Ann Arbor Huron 72, Bedford 40
Ann Arbor Skyline 68, Monroe 46
Bark River-Harris 60, Stephenson 55
Battle Creek Central 50, Portage Northern 49
Beal City 56, Houghton Lake 33
Belleville 65, Dearborn Fordson 61, OT
Benton Harbor 80, Coloma 55
Benton Harbor Countryside Academy 48, St. Joseph Michigan Lutheran 46
Bessemer 77, Wakefield-Marenisco 48
Big Rapids 68, Manistee 43
Blissfield 75, Hillsdale 53
Bridgeport 70, Birch Run 39
Buchanan 67, Watervliet 45
Burton Bendle 89, Morrice 45
Burton Bentley 67, Flint Hamady 60
Byron 63, Burton Madison 47
Byron Center 55, Zeeland East 42
Cadillac 50, Ludington 37
Calhoun Christian 68, Wyoming West Michigan Lutheran 40
Canton 56, Novi 29
Carney-Nadeau 57, Norway 44
Carrollton 84, Saginaw Valley Lutheran 56
Cassopolis 67, Decatur 37
Centreville 60, Bloomingdale 37
Charlevoix 62, Boyne City 50
Clarkston 63, Detroit Edison(DEPSA) 56
Climax-Scotts 60, Athens 55
Clinton Township Chippewa Valley 65, Macomb Dakota 62
Comstock Park 62, Greenville 55
Coopersville 82, Spring Lake 77, OT
Dearborn 62, Livonia Franklin 57
Dearborn Heights Crestwood 49, Dearborn Heights Annapolis 35
Detroit Cristo Rey 59, Grosse Pointe Woods University Liggett 50
Detroit Loyola 60, Dearborn Divine Child 43
Detroit Voyageur 72, Pontiac A&T 47
Dexter 55, Jackson 47
Dollar Bay 76, Ewen-Trout Creek 55
Dryden 60, Mayville 51
Dundee 43, Onsted 41
East Kentwood 51, Holland West Ottawa 39
Eaton Rapids 50, Okemos 48, OT
Eau Claire 68, Mendon 49
Elk Rapids 60, East Jordan 53
Erie-Mason 63, Brooklyn Columbia Central 38
Fenton 68, Lake Fenton 60
Flat Rock 44, Carleton Airport 38
Flint Beecher 87, Webberville 65
Flint Carman-Ainsworth 69, Lake Orion 48
Flint International 81, Genesee 35
Flint Kearsley 66, Owosso 28
Flint Southwestern 74, Imlay City 41
Fowlerville 74, Lansing Sexton 62
Frankenmuth 53, Essexville Garber 40
Fraser 34, Rochester 24
Fremont 81, Kent City 68
Fruitport 68, Grand Rapids Union 56
Gibraltar Carlson 70, Southgate Anderson 41
Gladwin 53, Remus Chippewa Hills 50
Gobles 44, Comstock 26
Goodrich 65, Flushing 43
Grand Ledge 63, Marshall 49
Grand Rapids Catholic Central 68, Allendale 59
Grand Rapids Covenant Christian 73, Fennville 56
Grand Rapids Forest Hills Central 77, Cedar Springs 61
Grand Rapids Forest Hills Northern 73, Lowell 34
Grand Rapids NorthPointe Christian 75, Kelloggsville 52
Grand Rapids Northview 61, Grand Rapids Ottawa Hills 53
Grand Rapids West Catholic 71, Sparta 47
Grosse Ile 57, New Boston Huron 52
Grosse Pointe South 83, Warren Mott 37
Hannahville Indian 86, Munising Baptist 77
Harbor Springs 76, Grayling 64
Hazel Park 66, Clawson 55
Hillman 51, AuGres-Sims 41
Hillsdale Academy 59, Camden-Frontier 37
Holland Calvary 82, Holland Black River 40
Holly 59, Ortonville Brandon 50
Holton 63, Howard City Tri-County 45
Hopkins 66, Grandville Calvin Christian 60
Howell 47, Brighton 31
Hudsonville 51, Grand Haven 49
Hudsonville Unity Christian 78, Holland 52
Ida 64, Hudson 53
Indian River-Inland Lakes 52, Rogers City 43
Iron Mountain North Dickinson 58, Crystal Falls Forest Park 47
Ithaca 57, St. Louis 55
Jenison 58, Grand Rapids Kenowa Hills 52
Kalamazoo Christian 60, Delton Kellogg 47
Lake City 52, Roscommon 48
Lake Odessa Lakewood 52, Maple Valley 42
Lansing Catholic 69, Haslett 49
Lansing Eastern 73, Lansing Waverly 70
Lawton 61, Galesburg-Augusta 31
Leslie 57, Springport 42
Linden 69, Clio 67
Litchfield 49, Tekonsha 34
Livonia Stevenson 53, Wayne Memorial 42
Marcellus 61, White Pigeon 49
Marcellus Howardsville Christian 69, St. Joseph Lake Michigan Catholic 34
Marine City 68, Center Line 37
Marquette 70, Gladstone 58
Mason County Central 54, Hesperia 8
McBain 81, Leroy Pine River 41
Milan 74, Monroe Jefferson 48
Milford 50, Birmingham Seaholm 47
Millington 52, St. Charles 36
Mio-Au Sable 83, Whittemore-Prescott 36
Mount Pleasant 73, Saginaw Arthur Hill 63
Muskegon Orchard View 67, Montague 59
Muskegon Reeths-Puffer 83, Muskegon Mona Shores 67
New Buffalo 69, Covert 15
New Haven 68, Grosse Pointe North 50
Niles Brandywine 65, Constantine 59
Northville 47, Hartland 41
Oscoda 68, Lincoln-Alcona 30
Otisville Lakeville 44, Montrose 38
Otsego 59, Sturgis 48
Oxford 64, Pontiac Notre Dame Prep 48
Peck 46, Deckerville 32
Perry 56, Olivet 36
Pittsford 69, North Adams-Jerome 20
Plainwell 39, Edwardsburg 37
Plymouth 63, Salem 52
Port Huron Northern 68, Sterling Heights 44
Portage Central 75, Kalamazoo Loy Norrix 35
Portland 57, Fowler 50
Posen 47, Hale 46
Redford Thurston 65, Garden City 23
Richland Gull Lake 58, Niles 40
Rockford 58, Caledonia 52
Romulus 75, Dearborn Heights Robichaud 41
Roseville 59, Utica Eisenhower 48
Saginaw 81, Midland Dow 48
Saginaw Heritage 49, Midland 43
Saline 50, Ann Arbor Pioneer 45
Schoolcraft 52, Kalamazoo Hackett 30
South Haven 64, Vicksburg 45
South Lyon East 56, Waterford Kettering 52
St. Johns 64, Charlotte 28
St. Joseph 58, Battle Creek Lakeview 56
Stanton Central Montcalm 73, Lakeview 48
Stockbridge 69, Lansing Christian 56
Swartz Creek 67, Corunna 58
Tawas 57, Midland Calvary Baptist 52
Three Rivers 74, Paw Paw 57
Traverse City St. Francis 62, Kalkaska 53, OT
Trenton 36, Lincoln Park 25
Utica 55, Fair Haven-Anchor Bay 50
Utica Ford 72, Romeo 56
Williamston 54, DeWitt 52, OT
Wyoming 93, Wayland Union 63
Wyoming Lee 56, White Cloud 44
Zeeland West 53, Holland Christian 52

CANDIDATES

From page C1

The 54-year-old Dearborn native has a wealth of experience. But he hasn't coached in the college ranks since 1998 and there are questions about how fare on the recruiting trail.

Mike Tressel

With the Spartans left scrambling to fill their opening, the man currently running the program on an interim basis becomes a sensible option. Tressel has been by Dantonio's side since they were colleagues at Ohio State. He followed Dantonio to Cincinnati and then to East Lansing, where he was eventually promoted to defensive coordinator and helped MSU hold opponents to 17.2 points per game in 2018 – the eighth-lowest average that year. If he were to continue as the interim coach, Tressel could hold the fort down in 2020 and allow Michigan State the opportunity to conduct another search at a more suitable time.

ADVERTISEMENT

The Truth About CBD Oil & Joint Pain

Does This Popular New Pain Relief Solution Live Up To The Scientific Hype? We Sent Our Team To Investigate Whether Or Not It Truly Eliminates Inflammation, Joint Pain, And Stiffness

David Harris -
Investigative journalist who specializes in studying the latest health and nutritional breakthroughs.

Fast Pain Relief For Millions: Now that Super Clinical is legal, millions of long-suffering Americans can finally get the soothing relief they've been praying for.

A new breakthrough in the science of pain relief has been recently discovered.

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You see, I wanted to understand the raw, unfiltered truth behind this new pain relief solution - called *Super Clinical*. Because, let's face it, although clinical trials and scientific studies are great - what really matters is how it works in the real world, with real people.

Simply put, I wanted to uncover whether or not CBD Oil lived up to all the hype.

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The Truth About Super Clinical

So, what did I uncover after interviewing these long-suffering Americans? Well, I share some highlights from their remarkable personal stories below:

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Norm G. -
West Hills, CA

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Al S. -
Los Angeles, CA

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Elaine S. -
Arizona

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As you just read, *Super Clinical* provides some pretty remarkable results when it comes to eliminating joint pain and restoring the youthful flexibility you used to enjoy.

And, after studying the scientific research behind *Super Clinical* it's not surprising why.

You see, the core ingredient works to quickly banish inflammation and pain - at the true root cause. Unlike NSAIDs and prescription pills that only 'cover up' the pain - (plus come with a slew of dangerous side effects) - *Super Clinical* actually targets the underlying, root cause of your pain.

By attacking the problem at the root cause, *Super Clinical* not only provides soothing relief - it also helps to quickly eliminate inflammation and stiffness.

Proven To Help Kill Pain At The Source

According to studies from the journal *Future Medicinal Chemistry*, the core ingredient inside *Super Clinical* can actually help to reverse the inflammation causing the constant pain shooting through your hands, knees, hips, and back.

Which means, over time, instead of getting stiffer, slower, and more crippled - you'll be enjoying pain-free flexibility for years to come - no matter what age you are.

Just imagine, being able to chase the grandkids; bend and dig in the garden; enjoy a full windmill golf swing again; or even just get out of bed without pain ricochetting through your body.

How It Immediately Starts To Kill Pain

Super Clinical's core ingredient is CBD.

CBD is a natural oil extracted from the hemp plant. Unlike other strains of the plant - it has absolutely no psychoactive effects or 'high'. In fact, studies from *The World Health Organization* have reported it is 100% safe - with no risk of addiction or side-effects.

What's more, several studies have proven CBD Oil can help to provide quick pain relief for your stiff, sore joints and inflamed muscles.

Unfortunately, for many years, CBD oil was off-limits to US citizens. However, thanks to new legislation, known as the "Farm Bill," CBD oil is now legal. This has led to the creation of *Super Clinical CBD Oil* - one of the most effective pain solutions available today.

Made In America

Super Clinical is made from organic hemp cultivated in the USA. By using a patented Supercritical C02 Extraction process and careful, multi-stage lab-testing, *Super Clinical* guarantees maximum potency, purity, and pain relief - without any psychoactive 'high' or side-effects.

And, thanks to this unique, pharmaceutical-grade, US-made hemp oil - *Super Clinical* is fast-acting so you will start to see and feel the results immediately.

What Is CBD Oil?

CBD Oil contains the non-psychoactive compounds found in the cannabis and hemp plant. These compounds are called cannabinoids (CBD) and they've been proven to help provide a variety of important medicinal benefits.

Plus, CBD Oil has also been shown to help improve your mood, boost your immune system, reduce anxiety and stress, banish fatigue, and promote deeper, longer-lasting sleep.

And, unlike other cannabinoids, the oil extracted from the hemp plant provides consumers with all the remarkable benefits above without any risk of getting high.

Best of all, because *Super Clinical* is drug-free and side-effect free - no prescription is required.

You're Invited To Try Super Clinical Risk-Free

Today, I've shown you both the scientific research and the real-world results of *Super Clinical*.

You've seen the clear evidence that it not only helps soothe stiff, sore, and inflamed joints - it actually eliminates the root cause of your pain.

You've seen how this all-natural, side-effect, and prescription-free solution is already helping millions of Americans live pain-free.

However, I don't expect you to just take my word for all this. Instead, I want you to see and feel the real, life-changing results for yourself. Which is why I reached out to the team behind *Super Clinical CBD Oil* and convinced them to offer a risk-free supply to readers of this publication.

So, for the next 48 hours, a strictly limited supply of *Super Clinical* has been set aside.

A special Order Hotline has been set up for local readers to call. This gives everyone an equal chance to try *Super Clinical CBD Oil*. Starting at 7:00AM today this special, time-sensitive offer will only be available for the next 48 hours.

To claim your risk-free supply, all you have to do is order by calling TOLL FREE at 1-800-416-1751.

Operators are standing by all day and all night for your convenience. WARNING: Due to the nature of this risk-free trial, supplies are strictly limited and will be given out on a first-come, first served basis.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. RESULTS MAY VARY. THIS PRODUCT IS NOT INTENDED FOR USE BY INDIVIDUALS UNDER THE AGE OF 18.

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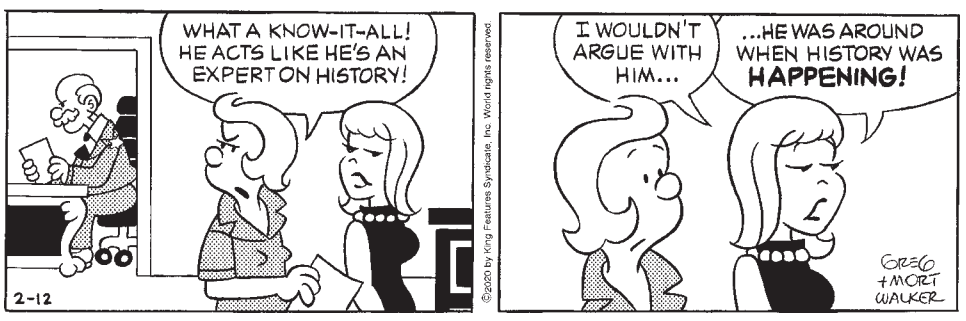
WHAT A KNOW-IT-ALL! HE ACTS LIKE HE'S AN EXPERT ON HISTORY!
I WOULDN'T ARGUE WITH HIM...
...HE WAS AROUND WHEN HISTORY WAS HAPPENING!
GREG + MORT WALKER
2-12
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BLONDIE

HERE'S THE THING, HONEY...
DEAR, I KNOW EXACTLY WHAT YOU'RE GOING TO SAY
AND YOU KNOW EXACTLY WHAT I'LL SAY IN RESPONSE!
IT REALLY TAKES THE CHALLENGE OUT OF A GOOD DISAGREEMENT, DOESN'T IT?
SEE? I KNEW YOU'D SAY THAT, SWEETHEART
2-12
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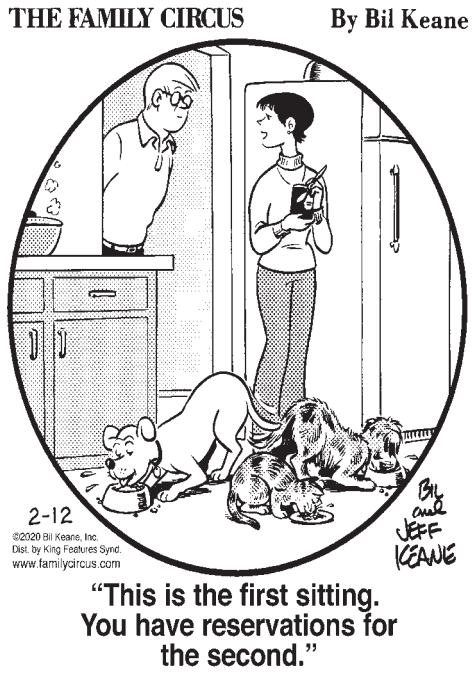
www.Blondie.com

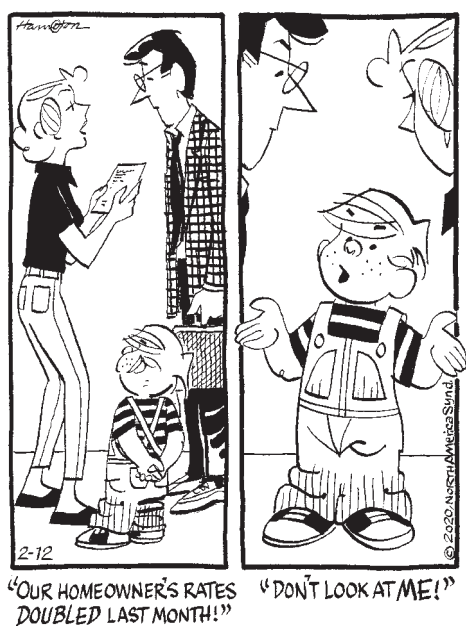
THE FAMILY CIRCUS

By Bil Keane



"This is the first sitting. You have reservations for the second."

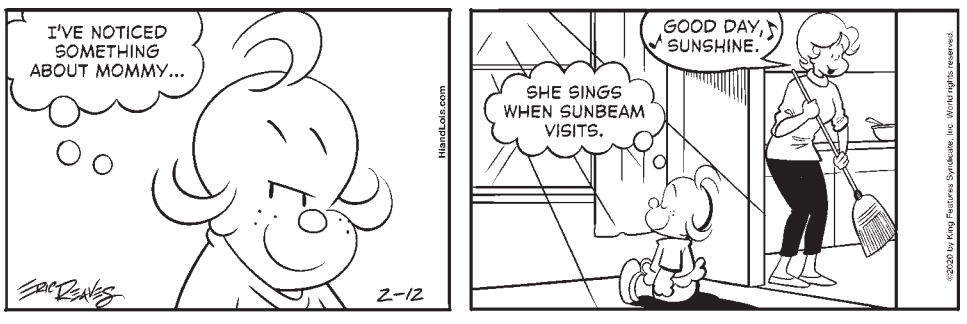
DENNIS THE MENACE



"OUR HOMEOWNER'S RATES DOUBLED LAST MONTH!"

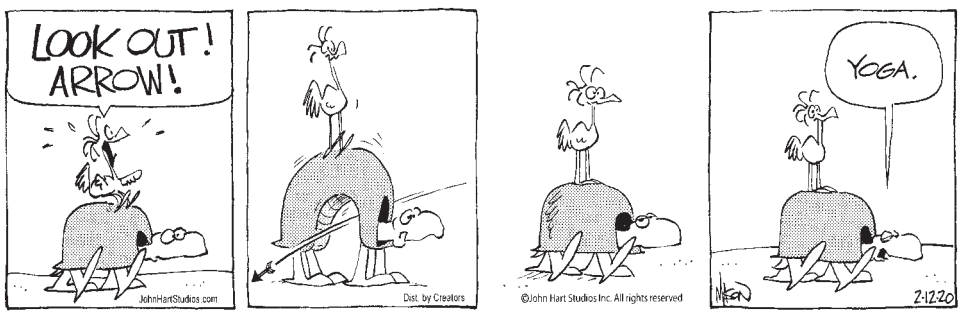
"DON'T LOOK AT ME!"

HI & LOIS



BABY BLUES

BC



CURTIS

WE'VE REALLY HAD TIME TO BOND, DAD! WE CAN TALK ABOUT ANYTHING!
YEAH
WE CAN EVEN HAVE ..."THE TALK"
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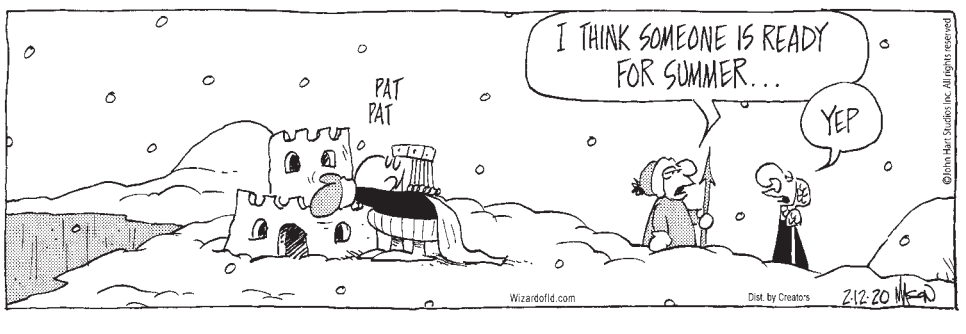
2-12
YAHHH
WHAT WAS THAT SCREAM ?!
DAD TRIED TO GET UP AND RUN!

WIZARD OF ID



ZITS

FORGET IT! I CAN MAKE SARA A CARD THAT'S BETTER THAN ANY OF THOSE!
zitscomics.com
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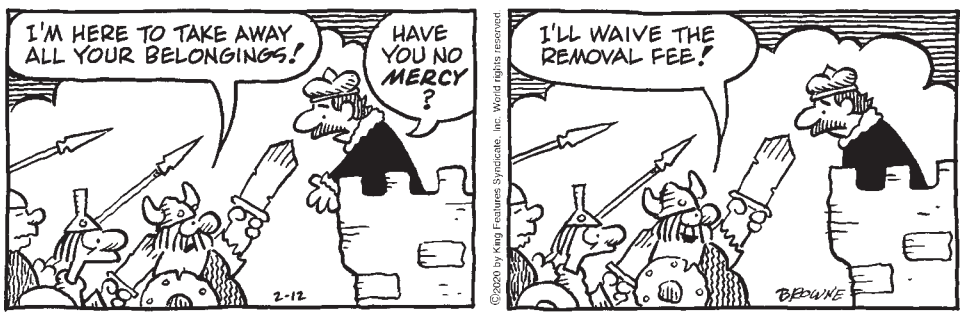
DILBERT

WE SHOULD BE ABLE TO FINISH THE NETWORK UPGRADE IN ABOUT THREE MONTHS.
DILBERT.COM @SCOTTADAMSSAYS
WHEN YOU BID FOR THE JOB, YOU SAID IT WOULD TAKE THIRTY DAYS.
2-12-20 2020 Scott Adams, Inc./Dist. by Andrews McMeel
IF WE'RE ALLOCATING BLAME, I'M NOT THE ONE WHO WAS DUMB ENOUGH TO BELIEVE ME.

HAGAR THE HORRIBLE


I'M HERE TO TAKE AWAY ALL YOUR BELONGINGS!
HAVE YOU NO MERCY ?
2-12
I'LL WAIVE THE REMOVAL FEE!
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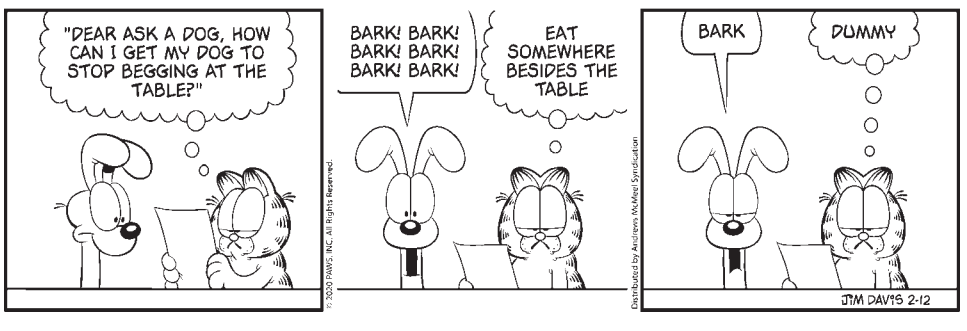
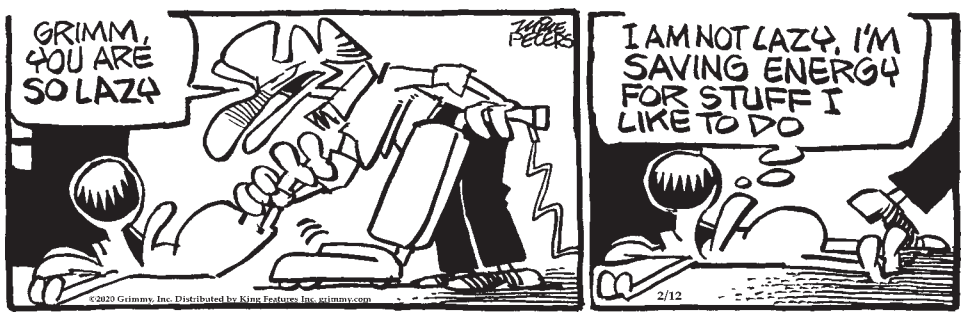
GARFIELD


"DEAR ASK A DOG, HOW CAN I GET MY DOG TO STOP BEGGING AT THE TABLE?"
© 2020 PAWS, INC. All Rights Reserved.
BARK! BARK! BARK! BARK! BARK!
EAT SOMEWHERE BESIDES THE TABLE
Distributed by Andrews McMeel Syndication
BARK
DUMMY
JIM DAVIS 2-12

MOTHER GOOSE & GRIMM


GRIMM, YOU ARE SO LAZY
©2020 Grimmy, Inc. Distributed by King Features Inc. grimmy.com
I AM NOT LAZY. I'M SAVING ENERGY FOR STUFF I LIKE TO DO
2/12

FORT KNOX

YOUR BROTHER WON AN AWARD FOR HIS GRADES!
SO?
WELL, I NEVER REALIZED HE WAS SO SMART.
HE ISN'T AND THE AWARD IS FLIMSY.
WHAT KIND OF BROTHER ARE YOU??
ONE THAT'S SMART ENOUGH TO AVOID DUMB AWARDS.
Facebook.com/fortknoxcomic
2/12
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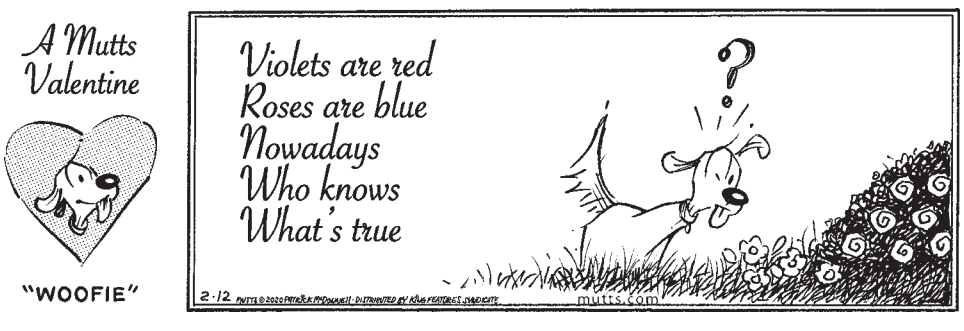
MUTTS



PICKLES

OPAL AND I HAVE ALWAYS LIVED BY ONE RULE.
WE ONLY FIGHT ONE BATTLE AT A TIME.
2/12
EARL, YOU LEFT THE TOILET SEAT UP AGAIN.
OOPS.
WE'VE BEEN FIGHTING THAT ONE FOR 53 YEARS.

SALLY FORTH

WAIT, IS THERE SOMEONE YOU LIKE?
WHY ARE WE DOING THIS?
ALMOST ALL OF OUR TIME TOGETHER WE ACE THE "BECHDEL TEST"-TWO OR MORE WOMEN TALKING ABOUT ANYTHING OTHER THAN MEN. AND NOW BECAUSE OF YET ANOTHER COMMODITY-DRIVEN HOLIDAY WE'RE GOING TO BLOW OUR GRADE?
2-12
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NONA MAKES A GOOD POINT.
WAIT, I'M NOT EVEN THE ONE WHO BROUGHT UP VALENTINE'S DAY. YOU DID!
YOU KNOW, WE DON'T EVEN HAVE TO LIE ON THE GRASS. WE CAN JUST STAND AND LOOK UP AT THE CLOUDS WITH NO TALKING.
KEEFE

The weekend awaits ...
... what will you be doing?
Find information on local shows, community theater, art exhibits, musical acts, festivals, nightlife, movies and more every Thursday in Entertainment.
hp

AP Photo / Jae C. Hong, File

Pumpjacks operating at the Kern River Oil Field in Bakersfield, Calif., which is overseen by the U.S. Bureau of Land Management. Oil production from federally-managed lands and waters topped a record 1 billion barrels in 2019, according to the Department of Interior on Tuesday.

Oil from federal lands tops 1B barrels as Trump eases rules

By MATTHEW BROWN
Associated Press

BILLINGS, Mont. — Oil production from U.S.-managed lands and waters topped a record 1 billion barrels last year, federal officials said Tuesday, as technological advances helped drive development in new areas and the Trump administration eases rules on the industry.

The production figure was up 122 million barrels, or more than 13 percent from 2018. It includes oil from onshore and offshore parcels and American Indian-owned lands managed by the U.S. Interior Department during fiscal year 2019, which ended Sept. 30, federal officials said.

Critics charge that the gains being made by energy companies come at the expense of the environment, with fewer safeguards to protect the land and wildlife from harm.

Acting Assistant Secretary of the Interior Casey Hammond told The Associated Press that breaking the billion-barrel threshold marks a major milestone in the Trump administration's drive to increase domestic energy production.

"You have to create an environment where folks want to bid on leases and then go develop them," Hammond said. "One thing we can do as regulators is give people some assurances we're going to work through the process in a fair and efficient way."

He said permits were being issued to companies more quickly without compromising the landscape and public waters.

The steep rise in production in recent years follows the advent of a drilling technique known as hydraulic fracturing, or "fracking," which lets companies extract oil from underground reserves that were once considered out of reach.

Fracking spurred an industry boom during the Obama administration that has picked up speed under Trump.

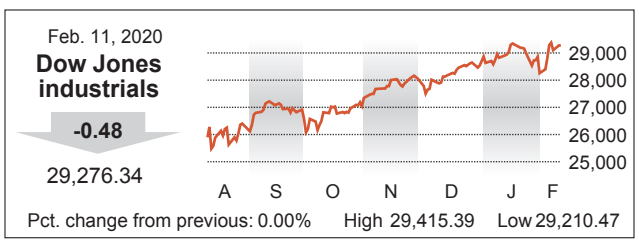
About one-quarter of U.S. oil is produced from federal lands, a figure that's held fairly steady for much of the last decade as drilling has increased on both public and private lands.

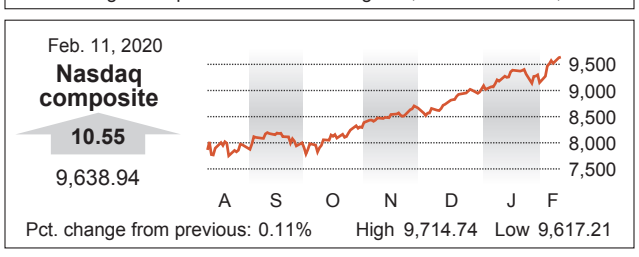
There's been longstanding strong demand among private companies to acquire oil and gas leases on lands controlled by the U.S. Bureau of Land Management, said Mike Penfold, a retired state director at the agency.

What's different under Trump, he said, is the rollback of environmental rules intended to strike a balance between development and conservation.

"This is another example of the Trump administration undoing four or five decades of thoughtful laws to protect the public lands," Penfold said. "The benefits of this go to the oligarchs who put more money in their pockets – not other public land users or the taxpayers."

MARKETS





Amer Elec Power AEP
$102.22 **+.88 +.9%**
▲ **4-wk.** +7.6% ▲ **YTD** +8.2%

Whirlpool WHR
$151.98 **+2.77 +1.9%**
▼ **4-wk.** -.8% ▲ **YTD** +3.0%

LocalStocks

NAME	TICKER	52-WK RANGE LO	HI	◇CLOSE	CHG	%CHG	WK	MO	QTR
AT&T Inc	T	29.67	39.70	38.17	-.17	-0.4	▼	▲	▼
AEP	AEP	79.13	104.97	102.22	+.30	+0.3	▲	▲	▲
Apple Inc	AAPL	169.25	327.85	319.61	-1.94	-0.6	▼	▲	▲
AutoZone	AZO	886.95	1274.41	1051.22	-2.50	-0.2	▼	▼	▼
BP PLC	BP	35.07	45.38	36.55	+.36	+1.0	▲	▼	▼
CMS Eng	CMS	52.41	68.98	67.37	-.19	-0.3	▲	▲	▲
CocaCola	KO	44.42	59.84	59.59	-.16	-0.3	▲	▲	▲
Comcast	CMCSA	36.75	47.74	44.79	+.13	+0.3	▲	▼	▼
Deere	DE	132.68	180.48	170.26	+2.02	+1.2	▲	▼	▼
Disney	DIS	107.32	153.41	141.01	-1.58	-1.1	▬	▼	▼
DollarTree	DLTR	85.37	119.71	88.19	+1.01	+1.2	▲	▼	▼
ExxonMbl	XOM	59.62	83.49	60.53	+.57	+1.0	▼	▼	▼
FifthThird	FITB	24.17	31.64	29.51	+.11	+0.4	▲	▼	▼
1stSource	SRCE	41.88	53.42	47.76	+.18	+0.4	▲	▼	▼
FordM	F	8.02	10.56	8.10	+.04	+0.5	▼	▼	▼
GenElec	GE	7.65	13.09	12.85	-.06	-0.5	▲	▲	▲
HomeDp	HD	179.52	240.61	241.64	+1.03	+0.4	▲	▲	▲
HorizBcp	HBNC	15.21	19.48	17.25	+.11	+0.6	▼	▼	▼
HuntBncsh	HBAN	12.15	15.63	14.03	+.10	+0.7	▲	▼	▼
IDEX	IEX	141.47	176.70	176.05	+1.58	+0.9	▲	▲	▲
IBM	IBM	126.85	158.75	153.48	-.95	-0.6	▬	▲	▲
JPMorgCh	JPM	98.09	141.10	138.00	+.26	+0.2	▲	▼	▼
JohnJn	JNJ	126.10	154.50	151.99	+.13	+0.1	▲	▲	▲
Lowes	LOW	91.60	123.14	123.03	+1.82	+1.5	▲	▲	▲
McDnlds	MCD	178.27	221.93	215.73	+2.52	+1.2	▲	▲	▲
Microsoft	MSFT	104.97	188.84	184.44	-4.26	-2.3	▲	▲	▲
MillerHer	MLHR	33.94	49.88	40.50	-.30	-0.7	▼	▼	▼
Penney	JCP	0.53	1.92	.71	...	...	▲	▼	▼
Perrigo	PRGO	40.68	60.98	60.04	-.16	-0.3	▲	▲	▲
Pfizer	PFE	33.97	44.56	38.09	+.28	+0.7	▲	▼	▼
ProctGam	PG	97.75	128.09	124.16	-2.01	-1.6	▼	▼	▼
RepubSvc	RSG	76.13	98.04	98.05	+.22	+0.2	▲	▲	▲
Steelcse	SCS	14.45	23.02	19.15	+.07	+0.4	▲	▼	▼
Stryker	SYK	174.84	223.45	218.14	+.91	+0.4	▲	▲	▲
TCF Finl	TCF	35.96	47.71	43.58	+.54	+1.3	▲	▼	▼
Target	TGT	70.03	130.24	116.69	-.29	-0.2	▲	▼	▼
TractSupp	TSCO	88.02	114.25	97.57	+.04	...	▲	▲	▲
UPS B	UPS	92.65	125.31	104.87	+1.80	+1.7	▲	▼	▼
VerizonCm	VZ	54.26	62.22	58.69	-1.55	-2.6	▼	▼	▼
WEC Engy	WEC	74.14	101.37	100.19	+.05	...	▲	▲	▲
WalMart	WMT	96.53	125.38	115.40	+.15	+0.1	▼	▼	▼
WalgBoots	WBA	49.03	74.95	52.99	-.43	-0.8	▼	▼	▼
Wendys Co	WEN	16.25	22.84	22.48	+.32	+1.4	▲	▲	▲
Whrlpl	WHR	114.00	163.64	151.98	+2.57	+1.7	▲	▼	▲
Worthgtn	WOR	33.18	44.69	38.84	+.62	+1.6	▲	▼	▼
XPO Logis	XPO	45.73	96.20	92.28	-1.89	-2.0	▼	▲	▲

Price worries remain after judge OKs T-Mobile's Sprint deal

By TALI ARBEL
AP Technology Writer

NEW YORK — A federal judge has cleared a major path for T-Mobile to buy Sprint for $26.5 billion, citing T-Mobile's track record in promoting competition, even as legal scholars and consumer advocates warn about higher phone bills.

Judge Victor Marrero in New York said he believed the new T-Mobile would continue to compete aggressively with Verizon and AT&T, the industry giants whose size it now rivals. T-Mobile, the No. 3 U.S. phone company, has been known for such consumer-friendly, industry-shattering measures as abolishing two-year service contracts and restoring unlimited data plans.

Though the deal still needs a few more approvals, T-Mobile expects to close it as early as April 1.

T-Mobile has promised not to raise prices for three years and said "efficiencies" it gets from a more powerful network will translate to lower prices down the road. T-Mobile also argued that the combined T-Mobile and Sprint would be able to build a better next-generation, 5G cellular network than either company could alone.

But more than a dozen state attorneys general had sued to block the deal, saying one fewer phone company, even a smaller rival like Sprint, would cost Americans billions of dollars in higher bills. One of the leading parties, New York Attorney General Letitia James, said her office was considering an appeal. She said Tuesday's ruling "marks a loss for every American who relies on their cell phone."

ADVERTISEMENT

New Anti-Aging Cream Now Proven To Wipe Away Wrinkles Within First 30 Days

With Dr. Oz Praising This New Fast-Acting Skincare Ingredient As "A Gentler Botox", Women Are Rushing to Claim Free Bottles With Their Discounted Purchase, Available for the Next 48 Hours

Leading health expert and TV personality Dr. Oz just revealed a new medical discovery that revitalizes aging, dull skin and leaves you looking years younger.

In front of a nationwide audience, he described how this new 'food for the skin' could help millions of women lift away wrinkles, crow's feet and dark under-eye circles without strict skincare regimens, painful Botox injections, or costly surgical procedures.

This announcement was based on the findings of multiple scientific studies that all confirmed this ingredient's powerful anti-aging properties.

Now, as news of this discovery spreads, thousands of women are rushing to get their hands on the limited supply available of a new cream that contains this Dr. Oz's "gentler Botox" ingredient.

Breakthrough ingredient seen on Dr. Oz: Women are seeing up to a 32% reduction in wrinkles thanks to a stunning new skincare nutrient seen on Dr. Oz that's now available in *AgelessSkin*.

Dr. Oz, Elle, Vogue, and GQ Praise New Anti-Aging Ingredient

Everyone from regular Americans to the world's leading medical experts, celebs and media publications are raving about this new skincare breakthrough.

The Daily Mail reported, *"The revolutionary ingredient is a peptide that works like Botox, revealing visibly toned, lifted skin."*

Elle Magazine found that it *"visibly smoothes out wrinkles in as quick as four weeks."*

Dr. Oz praised it as *"a gentler version of Botox you can apply yourself."* He also noted that unlike anything else on the market, it works without needles - making it perfect for women who can't afford a facelift or don't want to deal with painful botox injections.

And, most importantly, women nationwide are now seeing real results in the mirror. Victoria S. from Salinas, CA writes *"I've noticed a significant disappearance in my small forehead wrinkles and my under-eye bags."*

Carolyn A. from Fort Myers, FL writes *"By far the best anti-aging cream I have tried. I'm 56 and starting to see crow's feet, crepey neck, bags under my eyes, etc. and after using this cream for just a few weeks I could really see a difference. My husband even noticed which is a major feat! I will never stop using this as long as I can get it!"*

Reverses Aging On A Cellular Level

This new face cream - called *AgelessSkin* - helps to reverse visible signs of aging by using a newly-discovered technique known as "Dermal Microemulsion."

Dermal Microemulsion is a safe, non-surgical phenomenon that works to eliminate wrinkles, dark circles, and crows feet from the appearance of anyone using it regularly. Independent researcher Mark Spricer - the creator of Dermal Microemulsion - explains, *"Most Americans dealing with aging skin don't know it, but they're stuck with a buildup of toxic free radicals in the skin's underlying support tissues."*

Free radicals are deadly compounds that cause inflammation, accelerate aging, and dull the skin through a process called "cellular oxidation". This builds up after decades of exposure to everything from chemicals and GMOs in food, exhaust from fumes, and factory-made products, and of course, the sun's UV rays.

After they seep into your sub-dermal skin tissue – there are 7 layers in total, deep beneath the surface of the skin – your skin cells "oxidate" which causes them to shrink and collapse, leaving your face appearance saggy and wrinkled.

That's why both Botox and plastic surgery have to cut deep into your skin to reach collapsed tissues from all 7 layers – which until today was the only way to moisturize and prop up the skin while erasing lines and wrinkles.

Now, thanks to the creation of Dermal Microemulsion, women can finally reverse the damage caused by the buildup of toxic free radicals - leaving you looking years younger.

A New, Natural Alternative To Botox And Plastic Surgery

The key active ingredient in *AgelessSkin*, praised widely by Dr. Oz and dozens of high-profile media outlets is called Argireline - a miraculous anti-wrinkle ingredient first discovered by medical researchers in Barcelona, Spain.

Studies have shown this all-natural ingredient works similarly to Botox as it "freezes" nerve-to-muscle potential.

In other words, it reduces nerve signals to the facial muscles, which limits subtle facial expressions - reducing deep wrinkles and age-lines in the process.

Penetrates All 7 Skin Layers With Dermal Microemulsion

Now, while there have been other creams with Argireline, typical preparations have not been strong enough for all skin types.

Fortunately in *AgelessSkin*, Dermal Microemulsion technology comes to play through a compound called NaturaBase™ - a natural "carrier base" that quickly reaches all 7 sub-dermal layers of your skin.

This allows Argireline, for the first time, to penetrate the skin's deepest layers without suffering through painful injections, regular doctor visits or expensive procedures.

That's why it's no surprise that *AgelessSkin* can deliver noticeable improvements in the mirror after just 7 days, a 32% wrinkle reduction in 28 days, and stunning age-reversing transformation in 90 days and beyond, as your complexion looks years, even decades younger, without using multiple products or layers of makeup!

Reverses 32% of Wrinkles Within The First 28 Days

"In just 2 weeks, the studies show a 17% reduction in wrinkles – and after 28 days, we're seeing a 32% reduction in wrinkle depth, all while reducing dark under-eye-circles, frown marks, and crow's feet," reports Mr. Spricer.

What's more, *AgelessSkin* uses several other age-reversing ingredients to keep you looking younger for longer with continued use, which is why customers are buying in bulk so they never run out of stock.

Firstly, it includes Pentavitin, which studies have shown helps to keep the skin healthy and hydrated for 72 hours - while also reducing facial lines.

Secondly, *AgelessSkin* stimulates the production of collagen thanks to Trylagen PCB. Research has shown this little-known ingredient can reduce wrinkle depth by 29% after just 30 days.

Finally, Lipogard and GluCare® are included in *AgelessSkin* to help fight the damaging, age-accelerating impact of cellular oxidation and UV radiation.

These four anti-aging compounds combined with the new Dermal Microemulsion technology result in nature's most powerful anti-wrinkle, age-reversing cream.

AgelessSkin penetrates all 7 layers of your skin, revitalizing old, saggy skin… leaving your face younger and smoother. Best of all, it does it all without any expensive or painful procedures such as botox or face-lifts.

Enjoy 3 FREE Jars of AgelessSkin

As a special introductory offer, the makers are offering 3 free bonus jars of *AgelessSkin* now including a skin nutrient discussed on Dr. Oz — to all Michigan readers that place a qualifying order today.

Due to extreme demand, this free bonus offer is strictly limited to the first 250 callers with qualifying orders. To claim yours, simply call the special Michigan hotline number below immediately.

Your Toll-Free Hotline number is 1-800-689-8801 and will only be open for the next 48 hours.

Warning: Due to widespread media exposure, only a small supply of this ingredient in *AgelessSkin* is currently available in Michigan.

Call 1-800-689-8801 now to avoid missing this free bonus offer.

PLEASE NOTE: All creams are mixed in the manufacturer's FDA-registered, Doctor-approved laboratory in Florida where they have invested in top medical technology to produce one of the purest, most powerful skin food formulas available today! Creams are only produced in small, limited batches and once sold out, may not be available for 6-8 weeks. Individual results may vary.

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Charming
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No pets!
$500 per month
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1, 2 & 3 Bedrm Apts. for rent. Pet Friendly
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2 cemetery lots together.
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LEGALS

LEGALS

LEGAL NOTICE PUBLIC NOTICE LINCOLN CHARTER TOWNSHIP BERRIEN COUNTY, MICHIGAN

NOTICE IS HEREBY GIVEN that a Public Accuracy Test for the March 10th Presidential Primary Election has been scheduled for Thursday, February 20, at 10:00 a.m. at the Lincoln Charter Township Municipal Building, 2055 W. John Beers Road, Stevensville, Michigan. The Public Accuracy Test is conducted to determine that the programs and the computers being used to tabulate the results of the election count the votes in the manner prescribed by the law.
Stacy Loar-Porter
Lincoln Charter Township Clerk

STATE OF MICHIGAN PROBATE COURT COUNTY OF BERRIEN

NOTICE TO CREDITORS Decedent's Estate

FILE NO. 2020-0031-DE-M

Estate of Marian Lucille Seeley, Deceased
Date of Birth: 08/04/1922

TO ALL CREDITORS:*

NOTICE TO CREDITORS: The decedent, Marian Lucille Seeley, died 10/29/2019.

Creditors of the decedent are notified that all claims against the estate will be forever barred unless presented to Marjorie Ruth Walker, personal representative, or to both the probate court at 811 Port Street, St. Joseph, MI 49085 and the personal representative within 4 months after the date of publication of this notice.

Date: 2/10/2020

Attorney:
Peter J. Johnson
800 Port Street/
P.O Box 618
St. Joseph, MI 49085
269-982-1100

Personal Representative:
Marjorie Ruth Walker
515 State Street,
Apt. 13
St. Joseph, MI 49085
616-845-5335

Hagar Township Master Plan

The Hagar Township Planning Commission and Township Board is currently accepting bids from qualified consultants to update its Master Plan. Sealed bids are due at the Township Hall by 1 PM on March 2, 2020, please send to the attention of the Zoning Administrator. Please contact hagarclerk@gmail.com for full bid packet information.

Hagar Township Parks Maintenance Bid Solicitation

Bids due by March 16, 2020 by 1:00 PM

Hagar Township is currently accepting bids for groundskeeping services for Parks, Hall and Cemeteries.
Sealed bids due at the Township Hall by 1 PM on March 16, 2020.
Please contact hagarclerk@gmail.com for full bid packet information.

Public Accuracy Test

A public accuracy test for the March 10, 2020 Presidential Primary election will be conducted on Wednesday, February 19, 2020 at 6pm at the Hagar Township Hall, 3900 Riverside Rd, Riverside MI. The public accuracy test is conducted to demonstrate that the program and equipment used to tabulate election results have been prepared in accordance with law. The public is invited to observe the test.

CITY OF BENTON HARBOR PUBLIC HEARING NOTICE ZONING BOARD OF APPEALS

In compliance with the Open Meetings Act – Public Act No. 267 of 1976, as amended.

Please be advised that a public hearing of the Benton Harbor Zoning Board of Appeals will be held in the City of Benton Harbor, Lula Lee Commission Chambers located at 200 E. Wall Street, Benton Harbor, Michigan on March 2, 2020, immediately following the City Commission meeting at 7:00 p.m. to consider the following:

Selinda Coon of 178 Grand Boulevard, Benton Harbor, Michigan 49022 is requesting a variation to reduce set back requirements of 174 Grand Boulevard, property #54-2600-0002-00-1, from five (5) feet to three (3) feet and lot area reduced by 209 square feet to allow for a three (3) season porch and balcony on their existing home located at 178 Grand Boulevard, property # 54-2600-0001-00-8. The new construction would reduce the existing square footage of 174 Grand Boulevard from 5293 square feet to 5084. Both lots are under the same ownership. The request is permitted under section 2.6.2.D.1(b) and Section 2.6.3 of the City of Benton Harbor Zoning Ordinance.

Members of the public are invited to participate at the public hearing and/or forward comments by mail or email to:
City Clerk Kimberly Thompson
200 E. Wall Street
Benton Harbor, MI 49022.
kthompson@cityofbentonharbormi.gov
Written comments must be received no later than 5:00 p.m. on Friday, February 28, 2020.

The application and documents for this request may be viewed in the City Clerk's Office, 200 E. Wall Street, Benton Harbor, Michigan, 49022 between the hours of 8:30 a.m. and 5:00 p.m. Monday through Friday.

The City of Benton Harbor does not discriminate on the basis of disability in the admission or access to public meetings. Auxiliary aids or services will be made available for assistance of individuals with speech, vision, hearing or other impairments if the City of Benton Harbor is provided with notice not less than one week (7) days prior to the meeting time. Individuals desiring such assistance should contact the City Clerk at 269-927-8400 Ext.8410.

All interested parties are urged to attend.

Darlene Jones, Chief Code Enforcement Officer
February 10, 2020

CITY OF BENTON HARBOR PUBLIC HEARING NOTICE PLANNING COMMISSION

The City of Benton Harbor Planning Commission will hold a Public Hearing on Tuesday, March 3, 2020 at 5:30 pm, in the Lula Lee Commission Chambers, Benton Harbor City Hall, 200 East Wall Street on a request for a Zoning Change made by applicant, Ade Adewoye.

Petitioner is requesting a change in zoning classification for the corner of Fifth and Park Street (currently vacant lots) property ID #s 54-0340-0074-02-1 and 54-0340-0074-01-2. Current zoning for Park Street is I-L, Light Industrial. Petitioner is requesting zoning to be changed to C-B, Central Business for the development of a new building of the Mason Jar. The rezoning request will be considered at the regularly scheduled meeting, following the public hearing.

Members of the public are invited to participate at the public hearing and/or forward comments by mail or email to:
City Clerk Kimberly Thompson
200 E. Wall Street
Benton Harbor, MI 49022.
kthompson@cityofbentonharbormi.gov
Written comments must be received no later than 5:00 p.m. on Monday, March 2, 2020.

The application and documents for this request may be viewed in the City Clerk's Office, 200 E. Wall Street, Benton Harbor, Michigan, 49022 between the hours of 8:30 a.m. and 5:00 p.m. Monday through Friday.

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All interested parties are urged to attend.

Kimberly Thompson, Benton Harbor City Clerk
02/10/2020

ANNOUNCEMENTS

EMPLOYMENT

SALES

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GENERAL HELP

South Haven, MI. The City of South Haven is seeking a Community Development Director to work with the City's economic development team to achieve business retention, expansion, and attraction goals. This position requires knowledge normally acquired through the completion of a bachelor's degree in Public Administration, Business Administration, Planning, Economics, Marketing or a related field. CEcD designation preferable. Three years' experience in economic development, project management, or related experience preferred. To see the full job description and to apply, visit the Human Resources page at *www.southhaven.com.* Deadline for application is February 28, 2020. EOE

South Haven, MI. The City of South Haven is accepting applications for the following positions for the 2020 season:

Seasonal Laborers – Parks & Cemetery Dept. Perform general parks and cemetery maintenance including mowing, trimming, trash pick-up, cleaning facilities and minor repairs. Applicants must be at least 18 years of age with a valid Michigan driver's license and a good driving record. Must be available to work day shift hours Monday through Friday with some evenings, weekends and holidays required. The position is seasonal from March through November.

Bridge Tender – Street Dept
Responsible for opening and closing bascule bridge on an established schedule and ensuring that all boat traffic passing through bridge is accounted for. Applicants must be at least 18 years of age. Must be available to work a rotating shift between the hours of 6:00AM - 12:00 midnight Monday – Sunday, including holidays. The position is seasonal from March through October, with an average of 25 hours per week.

Candidates may apply online at *www.southhaven.com* or by filling out a paper application available at City Hall. City of South Haven is an Equal Opportunity Employer

SKILLED TRADE

LaPorte County Circuit Court is currently seeking a Family Recovery Court Coordinator/ Juvenile Mental Health Court Coordinator. This is a contract position and will be classified as an Independent Contractor. This position is responsible for the administration, management and coordination of FRC and JMHC services and day to day operations. Qualified applicants must have Baccalaureate degree and 3yrs experience in criminal justice or human services or advanced degree in criminal justice or human services or employed by a Problem-solving Court as a Coordinator prior to July 1, 2010. Full job description and position requirements are available at www.laportecounty.org. For consideration, please submit a cover letter and resume to Human Resources, 555 Michigan Ave, Ste 101, LaPorte by 02/21/2020.

LaPorte County Maintenance is hiring for part time Janitor. This position is responsible for general maintenance and cleaning of County buildings. Applicants must be as least 18yrs old, have a high school diploma or GED and knowledge of chemicals and cleaning products. Full job description and employment application is available at www.laportecounty.org/employment or Human Resources, 555 Michigan Ave, Ste 101, LaPorte. EOE M/F/V/D

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CSLB# 1035705 DOPL #1078658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 603233 977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822Z License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC.0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VH09953900 Registration# PA069383 Suffolk HIC License# 52229-H

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(S. Woodland Ave.)
Michigan City IN

TRUCKING

Benton Harbor, MI
Full time local driver requirements: valid CDL-A license, medical certificate, clean driving record.
Paid health benefits.
(269) 926-1161

PART-TIME EMPLOYMENT

NOW HIRING
Permanent, part-time bus drivers 20 – 29 hours per week.
Van Buren Public Transit offers paid training, starting wage of $14.41 per hour, a 457b retirement plan, as well as friendly, helpful staff and co-workers. If you enjoy working with the public, are reliable and safety minded, then Van Buren Public Transit may be right for you!
CDL with P endorsement needed, but will train if hired.
Knowledge of service area a plus!
Applications available Monday through Friday, 9:00 a.m. to 5:00 p.m. at Van Buren Public Transit, 610 David Walton Drive, Bangor, Michigan 49013; or online at: http://www.vbco.org/pages6061122.asp
EOE

EMPLOYMENT INFORMATION

Coloma, MI COLOMA COMMUNITY SCHOOLS has several opportunities available for Substitute School Bus Drivers and Substitute Van Drivers. A current CDL is preferred for the bus driver position or school district will train. Wage is $14.60 to $17.24/hr BOE.
A chauffeurs endorsement is required for the van driver position and wage is $12.60/hr.
Apply at www.ccs.coloma.org/jobpostings/
Questions can be directed to tlampros@ccs.coloma.org
or call 269-468-2433
Coloma Community Schools
Admin Office
302 W St Joseph St
Coloma, MI 49038
269-468-2424
COLOMA COMMUNITY SCHOOLS IS AN EOE

Rolling Prairie, IN Co-Alliance: Hiring Seasonal Truck Drivers and General Laborers. Ideal candidates will have Class A, B, or Ag CDL (or willing to obtain) with acceptable driving history and current DOT physical. Must be able to meet the physical demands of the position and work overtime. Must pass background check and drug screen. Apply at www.co-alliance.com
or in person at
310 S Prairie St,
Rolling Prarie, IN 46371:
(219-778-2015)

Union Mills, IN Co-Alliance: Hiring Seasonal Truck Drivers and General Laborers. Ideal candidates will have Class A, B, or Ag CDL (or willing to obtain) with acceptable driving history and current DOT physical. Must be able to meet the physical demands of the position and work overtime. Must pass background check and drug screen. Apply at www.co-alliance.com
or in person at
3551 W 800 S
Union Mills, IN 46382
(219-767-2251)

FINANCIAL

GARAGE /ESTATE SALES

MERCHANDISE

WANTED TO RENT/ BUY/TRADE

Benton Harbor, MI 3 Pillars Music is looking to buy record albums from 1970s to present, older guitars and music memorabilia. Please contact Tom at 269-313-7001 or 3pillarsmusic@gmail.com

SKILLED TRADE

Michigan City
Looking for a person to handle & spread fabric, plus other duties.
FT w/ benefit package.
Apply in person:
Filtration Plus
4208 N. 900 W.
(S. Woodland Ave.)
Michigan City IN

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Benton Harbor, MI
Full time local driver requirements: valid CDL-A license, medical certificate, clean driving record.
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Permanent, part-time bus drivers 20 – 29 hours per week.
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CDL with P endorsement needed, but will train if hired.
Knowledge of service area a plus!
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310 S Prairie St,
Rolling Prarie, IN 46371:
(219-778-2015)

Union Mills, IN Co-Alliance: Hiring Seasonal Truck Drivers and General Laborers. Ideal candidates will have Class A, B, or Ag CDL (or willing to obtain) with acceptable driving history and current DOT physical. Must be able to meet the physical demands of the position and work overtime. Must pass background check and drug screen. Apply at www.co-alliance.com
or in person at
3551 W 800 S
Union Mills, IN 46382
(219-767-2251)

FINANCIAL

GARAGE /ESTATE SALES

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Benton Harbor, MI 3 Pillars Music is looking to buy record albums from 1970s to present, older guitars and music memorabilia. Please contact Tom at 269-313-7001 or 3pillarsmusic@gmail.com

Responding to employment ads that contain a Herald-Palladium box #

No telephone calls please! We will not reveal the name of the box holder.
(A) Reply with your sealed letter Addressed as follows:

Box (# that appears in ad)
c/o the Herald-Palladium
P.O. Box 128
St. Joseph, MI
49085-0128

If you wish to reply to a box number and NOT have your letter sent to certain firms, then: B) attach a note listing which firms are NOT to receive your letter; and (C) send everything in ANOTHER ENVELOPE addressed as follows:

The Herald-Palladium
Classified Department
P.O. Box 128
St. Joseph, MI
49085-0128

If the advertiser is among the names you don't want to contact, we will destroy your sealed letter.

E-Mail Responses
You may also reply to ads with Herald-Palladium box numbers by e-mail. Do not attach your resume rather type it or copy & paste it directly into your e-mail program. Send your e-mail to: jobs@heraldpalladium.com

If you wish to reply to a box number and NOT have your letter sent to certain firms, then begin your e-mail with any company(s) where you do not wish to apply. Then include the Herald-Palladium box address as shown above.

Employment Advertisers Who Wish to Remain Anonymous
To protect our readers, Herald-Palladium policy requires that all companies list their names when placing ads in our publication. Employment advertisers who wish to remain anonymous must rent Herald-Palladium boxes so that we can insure our readers that they are not responding to their current employers or any other company to which they do not wish to apply.

Box Charges
Boxes are reserved for 30 days after last day of ad publication. The charge is:
$10. per box- you pick-up responses.
$15. per box - We fax all responses to you on a daily basis.
$25. per box- We mail responses to you once per week.
When readers respond to your ad via e-mail, we will forward them to you immediately if you provide us with an e-mail address or we will print and handle them in the manner that you request.

The Herald-Palladium

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Buying junk Vehicles & Scrap Metal
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For sale: 10 X 10 Dog kennel with roof. $200. Call 269-925-6059

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HOROSCOPE

BY EUGENIA LAST

WEDNESDAY, FEBRUARY 12

Push fear aside and forge ahead. Trust and believe in your ability to get things done correctly. Pay close attention to what works best for you and to the people you feel most comfortable being around. A combination of loyalty and trust will protect what matters most to you.

AQUARIUS (Jan. 20-Feb. 19) Share your thoughts and feelings with a loved one, and together you'll build a better future. Making personal improvements or living arrangements will save you time and money.

PISCES (Feb. 20-March 20) A unique approach and a good work ethic will help you stand out. A competitive person will give you a hard time. Don't ignore a problem; fix it.

ARIES (March 21-April 19) A chance to make extra cash is evident. Consider doing your own thing. Take heed of financial advice someone offers you. Romance will enhance your relationship with someone special. Share your intentions.

TAURUS (April 20-May 20) Don't be shy. Share your creative ideas and present what you have to offer. Take courses related to the arts. Get involved in projects that will improve your life.

GEMINI (May 21-June 20) Your ability to work with precision and focus will help you stand out. You can improve your surroundings if you redecorate or renovate your space to accommodate your pursuits.

CANCER (June 21-July 22) Partnerships are featured. Reach out to someone you enjoy spending time with and make plans that will enhance your relationship. Helping others will be gratifying.

LEO (July 23-Aug. 22) Update your appearance and make personal changes that will raise your self-esteem. Stop worrying about what others do or think, and focus on what's important to you. Romance is encouraged.

VIRGO (Aug. 23-Sept. 22) If you take on a challenge, you will make an impression. Mingle, network and share your vision. The people you attract will benefit you as you move forward. Follow your heart.

LIBRA (Sept. 23-Oct. 23) You will get ahead if you concentrate on your objective instead of letting someone mess with your mind and upset your plans. Personal growth, physical improvements and financial prudence should be your priorities.

SCORPIO (Oct. 24-Nov. 22) Travel and learning are featured. Mix business with pleasure to impress a loved one. If you speak your mind, you will get the results you desire. Don't be afraid to be different.

SAGITTARIUS (Nov. 23-Dec. 21) Displaying a poker face will serve you well when dealing with fast-talkers. The less you let others know about you, the better. Make personal improvements and romantic plans.

CAPRICORN (Dec. 22-Jan. 19) Precision and attention to detail will help you surpass any competition you face. Spend extra time perfecting your skills. Refuse to let an emotional matter cause distress and ruin your day.

BUSINESS & SERVICE GUIDE

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February 2019

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Acid relief

NILES DOCTOR OFFERS NEW PROCEDURE TO HELP PATIENTS WITH CHRONIC INDIGESTION

Page 4

The inexact science of calorie labels

Page 2

Dr. Seth Miller.
Ron DeKett / HP correspondent

Changing counts reveal inexact science of calorie labels

By CANDICE CHOI
AP Food & Health Writer

NEW YORK — Almonds used to have about 170 calories per serving. Then researchers said it was really more like 130. A little later, they said the nuts may have even less.

Calorie counting can be a simple way to help maintain a healthy weight – don't eat and drink more than you burn. And the calorie labels on food packaging seem like an immutable guide to help you track what you eat.

But the shifting numbers for almonds show how the figures printed on nutrition labels may not be as precise as they seem.

Last month, Kind said it was lowering the calorie counts for its snack bars, even though the ingredients weren't changing. The company cited studies that indicate nuts have fewer digestible calories than previously believed.

Conducted by government researchers with funding from nut producers, the studies show the inexact method of determining calorie counts established more than a century ago.

The widely used system says a gram of carbohydrates and a gram of protein each have 4 calories, while a gram of fat has around 9. Companies can also subtract some calories based on past estimates of how much of different foods are not digested.

But based on anecdotal comments, researchers suspected more of the nutrients in nuts may be expelled in the bathroom than previously estimated.

"If they're not digested, then maybe the calorie content is not correct," said David Baer, a co-author of the nut studies at the U.S. Department of Agriculture, which funded the research along with nut producers like the Almond Board of California.

To test the hunch, Baer and colleagues gave 18 people meals with and without raw almonds and instructed them to return daily with their urine and stool packed in dry ice. The contents were analyzed to calculate that a serving of almonds has about 130 digestible calories, rather than the widely used figure of 170.

A few years later, in 2016, another study by Baer and colleagues also looked at the effects of food processing. They found cooking and grinding helped break down cell walls in almonds, freeing more calories for digestion.

Roasted almonds had slightly more digestible calories than raw almonds. When the nuts were ground up into almond butter, nearly all the calories were digested.

Notably, the second study also found raw almonds had even fewer digestible calories than suggested by the first study. Baer attributed the discrepancy to variations in how people digest foods and natural differences in almonds themselves.

"It's unlikely you're going to get the exact same number every time you repeat the experiment," he said.

The almond studies are among several Baer has co-authored on the digestibility of nuts. Another last year was funded by the Global Cashew Council and found cashews had fewer calories than estimated.

Despite his findings, Baer said he thinks the calorie counts used for most other foods are fairly accurate. And even though the U.S. Food and Drug Administration lets companies use different methods to determine calorie counts, the agency says products aren't

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WE ARE A COMPOUND PHARMACY
WHAT COMPOUNDING MEANS FOR YOU!
The art of compounding is the method of preparing medication to meet the unique needs of prescribers and patients.
Roger's Pharmacy is a member of PCCA (*) and we have both the ingredients and expertise to combine medication in any dosage form desired.
Quite often, allergy-sensitive people have problems with fillers, dyes, binders, sugars and other additives that can be avoided by having our pharmacy work with your doctor to find a customized medication for you!

There are many alternate dosage forms available:
• Capsules, Lip Balms
• Creams, Ointments & Lotions
• Oral Suspensions
• Preservative-Free Formulations
• Sugar-Free Formulations
• Veterinary Formulations

Contact our pharmacy today, welcome the opportunity to discuss your needs!

* Professional Compounding Centers of America

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Altaf Qadri / AP file photo

A shopkeeper weighs California almonds for a customer at a shop in New Delhi, India, last year.

supposed to have more than 20 percent more calories than what's stated on labels.

That's why health experts said the calorie counts on nutrition labels are still valuable: They offer general guidance for people trying to keep their weight in check. But it's even more important to pay attention to overall diet and not get hung up on small caloric differences, experts said.

"That's not what's going to make or break someone's attempt at weight management," said Elizabeth Mayer-Davis, a University of North Carolina nutrition professor.

Mayer-Davis said the studies on the calories in nuts wouldn't affect her general advice that they can be part of a healthy diet. She said it's more important to pay attention to how they're prepared, such as whether sweeteners are added.

Kind's founder, Daniel Lubetzky, said he hopes the studies will help overcome the reluctance some might have about eating nuts because of their relatively higher calorie counts. The studies also mean the company's most popular bar can now drop from 200 to 180 calories, which could be a marketing advantage that sways decisions at the grocery store.

"It can't hurt," Lubetzky said.

Mars, which took a minority stake in Kind in 2017, said it doesn't have plans to update the calorie counts for M&M's with almonds.

The Almond Board says it's not aware of other companies yet using the lower numbers.

Zinc may not shorten colds

By KIERSTEN WILLIS
The Atlanta Journal-Constitution

Dreamstime / TNS

There are many ways people attempt to fight colds, but a new study indicates that taking zinc lozenges may not help you get rid of them sooner.

A randomized trial published in BMJ Open showed that taking lozenges containing zinc acetate did not shorten colds, according to a news release from the University of Helsinki.

The double-blind trial saw the university's professor Harri Hemilä and his colleagues investigate the effect of zinc acetate lozenges on City of Helsinki, Finland employees.

Participants were told to slowly dissolve six lozenges in their mouth each day. In total, they took 78 mg/day of zinc over five days.

Participants were told to begin treatment as soon as cold symptoms began in an effort to minimize the delay between getting a cold and starting the treatment.

The common cold infected 88 participants, who then started to use the lozenges. In the five-day treatment period, no difference was found in the rate of recovery between the zinc and placebo groups.

An unexpected finding occurred when participants in the zinc group had a slower recovery time than those in the placebo group.

Results in this study differed from those of eight prior trials, in which colds were shortened. One explanation for the varying results is the differing kinds of zinc lozenges used in the studies.

Many studies with negative results used lozenges that had low doses of zinc or had ingredients that bind zinc, which halts the release of free zinc in the middle portion of the throat.

The results indicate more research is needed to discover when zinc lozenges could be effective as well as their type and optimal dose.

"Our study does not confirm the usefulness of zinc lozenges for treating the common cold, but neither does it refute the previous studies where zinc lozenges were found to be effective," Hemilä said. "In future trials of zinc lozenges, the dosage of zinc should be greater, the lozenges should dissolve more slowly, and the treatment should last longer than five days. Before zinc lozenges can be widely promoted for common cold treatment, the characteristics of lozenges that are clinically efficacious should be defined in detail."

Zinc is used in the body to build T cells, which fight infection. Mayo Clinic reports it may be more effective as a lozenge and syrup so it can stay in the throat and come into contact with the cold virus, mostly spread through the rhinovirus. But the mineral can be found in foods including poultry, red meat, beans, nuts and seafood like oysters.

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Acid reflux relief is possible

Photo provided

Michael Aldrich, at left, suffered for 25 years from gastroesophageal reflux disease before he underwent a procedure now offered at Lakeland Hospital, Niles. Pictured with him are his sons, Mikey Jr. and Brayden, and his wife, Stephanie.

Incisionless procedure restores esophageal valve

By RON DeKETT
HP Correspondent

It was almost as if food were the enemy.

Whenever Michael Aldrich of Cassopolis ate a meal or drank water, he was tormented by a painful burning sensation that would creep up his esophagus from his stomach to his throat.

"I would get it bad," Aldrich, 33, said. "No medicines worked. No lifestyle changes worked. I guess the only thing that would work was not eating. I got to the point where I was eating one meal a day so that I could sleep."

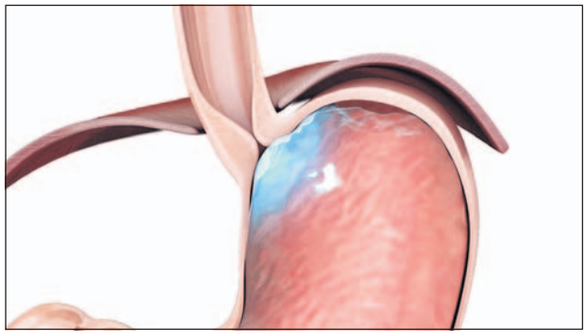
Aldrich suffered for about 25 years from gastroesophageal reflux disease. The disease, also called GERD, occurs when the body fails to prevent acid from washing up into the esophagus.

Reflux is often associated with typical heartburn symptoms, such as pain under the rib cage, brackish water taste in the mouth, and recurrent sore throats.

"It was affecting performance at work and my life in general," Aldrich said. "It's almost debilitating when you've got it that bad and you are trying to do daily activities."

But last year, his wife, Stephanie, learned about a relatively new procedure offered at Lakeland Health, Niles, called transoral incisionless fundoplication, also known as TIF.

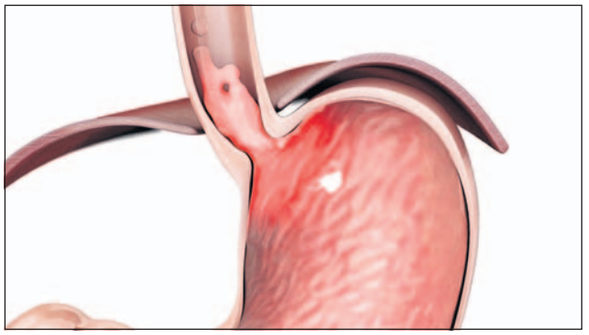
Good valve



Illustrations provided / Spectrum Health Lakeland

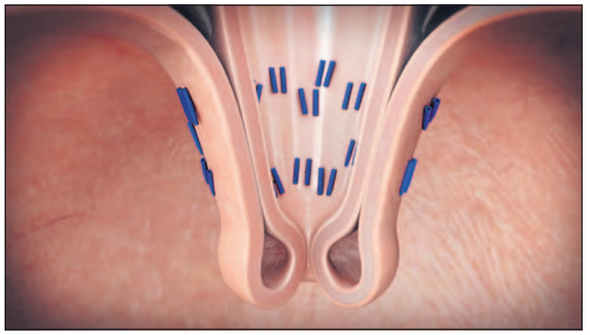
This illustration shows a health valve that prevents stomach acids from passing into the esophagus.

Bad valve



This illustration shows stomach acids surging past a damaged valve and into the esophagus, which causes heartburn and can lead to health complications.

Repaired valve



This illustration shows a repaired esophagus that can now prevent stomach acids from escaping.

The procedure restores the valve between the stomach and the esophagus – called the lower esophageal sphincter – to as close to its natural state as possible, thereby preventing acid from escaping the stomach, Dr. Seth Miller said.

Miller, who joined Spectrum Lakeland Health about a year ago, is a bariatric surgeon who now performs TIF, a procedure he said is less risky than other surgical options.

"In the past, the surgical options were confined to that portion of the people with reflux that had the most severe disease, because it involved an invasive procedure that had its own set of inherent risks," he said. "For many, the risks of going through surgery just didn't make sense to deal with reflux when we could have medications to treat it."

Surgical options often worked too well, creating such a small opening that some patients were unable to belch or vomit, and had trouble swallowing their food normally.

"What I am trying to recreate is what a normal esophagus and stomach would look like in a patient that doesn't have reflux," Miller said.

Many who opt for the TIF procedure do so to get off proton-pump inhibitors – medications like Nexium, Pepcid and Zantac that provide long-lasting reduction in the production of stomach acid.

For others, the medication has lost its effectiveness.

"I was taking up to four pills of Nexium throughout the day for years straight, and it still wasn't doing the trick, which is why I chose the surgery," Aldrich said.

"Overall it was totally worth it. After all, my family is the most important thing to me, and this procedure has definitely helped me keep up with the kids as far as physical activities go."

MICHAEL ALDRICH

The recommended dosage of Nexium is one every 24 hours for four to eight weeks.

Aldrich underwent what Miller described as the TIF hybrid procedure. It involved laparoscopic surgery to repair a hiatal hernia, a condition when the stomach pushes up through the diaphragm, and the TIF procedure, which accesses and repairs the damaged valve through the mouth.

Cause and effect

Occasional acid reflux is not unusual in most people, and often can be quelled by Tums, Rolaids or other calcium-based over-the-counter medicines, and avoiding certain acidic foods. The causes are varied – genetics, smoking, obesity, pregnancy, eating large meals, lying down after a meal, and eating large meals right before bed.

"With the (mild) symptoms, typically we just recommend lifestyle modification – losing weight, eating smaller meals, not eating too close to bedtime, taking things out of your diet, like alcohol, smoking tobacco, things that increase acid," Miller said.

Medicines, such as proton-pump inhibitors, are used when symptoms reach the moderate level, he said.

But for an unfortunate few, acid reflux is a chronic ailment resulting in frequent painful bouts that can be controlled through medicines, which have their own potential side effects with long-term use.

The National Center for Biotechnology Information reports that potential adverse effects from proton-pump inhibitor treatment includes diarrhea, nausea or vomiting, abdominal pain, indigestion, headaches, intestinal infection, pneumonia and increased risk of bone fracture.

Some studies suggest dementia is another side effect, though the NCBI reports the results of those studies were inconsistent and controversial.

Miller said the rising number of esophageal cancer cases also may be linked to reflux if the disease is left untreated.

Recovery

Aldrich underwent TIF and hiatal hernia repair in October. After spending the night in the hospital, he returned home, but recovery would take much longer than the 60 minutes spent on the hiatal hernia laparoscopic surgery and the 30 minutes spent on the TIF surgery.

He could not return to work for seven weeks because he was allowed to lift only 5 pounds while his body healed from the hiatal hernia surgery.

His diet was severely restricted to liquid meals and eventually soft foods because of the swelling caused by the procedures.

"It was really hard to swallow anything of substance for the first six weeks," Aldrich said. "By the seventh week it was getting a little easier. I'm finally getting to the point now where I can eat steak."

If You Go

Who: Dr. Seth Miller

What: Acid reflux disease treatment seminar; recommended for those who suffer from heartburn or acid reflux more than twice a week

When: 6-7 p.m., March 10

Where: Lakeland Medical Suites, 42 N. St Joseph Ave., Niles

More: Walk-ins welcomed; registration preferred

Contact: 927-5361

A side benefit is he can now sleep through the night without worrying about an acid reflux attack.

"Well, I got two small kids, so I can't really sleep that well," he said with a laugh, "but I can get more sleep than I did before."

The surgery pain, loss of work time, healing time and the restrictive diet paid off in the end.

"Overall it was totally worth it," Aldrich said. "After all, my family is the most important thing to me, and this procedure has definitely helped me keep up with the kids as far as physical activities go."

Miller said the TIF procedure is not the solution for everyone who suffers from chronic acid reflux. He performs a battery of test to ensure all options are explored.

Patients also must have made lifestyle changes to prevent adverse effects on the acidity of stomach acid. The procedure is not designed to enable patients to resume harmful life habits, he said.

‘It sounds corny, but it’s life-changing’

One woman’s journey through transoral incisionless fundoplication

By RON DeKETT
HP Correspondent

Ron DeKett / HP correspondent

Chelsea Childs stands in the kitchen of her Buchanan home, which she shares with her husband, Kevin, daughter, Carolyn, and cat, Bunny. She underwent medical procedures in December to correct a hiatal hernia and gastroesophageal reflux disease.

Chelsea Childs often would awake at night with a terrible burning sensation crawling up her throat before rushing to the bathroom to vomit.

“It was brutal,” said Childs, a third-grade teacher at Howard-Ellis Elementary School in Niles. “It would burn so bad. I would start coughing, and then I would wheeze and just throw up, sometimes barely making it to the bathroom.”

The affliction began to plague her nearly five years earlier when she was pregnant and living in Las Vegas. It took four years, a return to Michigan and a sympathetic doctor before she was finally diagnosed with gastroesophageal reflux disease, also called GERD, complicated by a hiatal hernia.

“I’ve been waking up in the middle of the night with reflux and throwing up, up to six times a month,” she said during a recent interview in her Buchanan home, which she shares with her husband, Kevin, daughter, Marilyn, and a cat named Bunny.

Doctors in Las Vegas dismissed her concerns about her misshapen upper abdomen and prescribed the oral drug Omeprazole, a proton-pump inhibitor that reduces stomach acid and treats such ailments as gastric ulcers, GERD, erosive esophagitis, and certain stomach infections.

“Insurance wouldn’t cover it, and doctors wanted me to take a lot of it,” Childs said. “But it wasn’t working anyway so I stopped using it.”

When she returned with her family to Southwest Michigan in 2018, her new doctor listened carefully as she described her symptoms and referred her to Dr. Ather M. Bukhari at Great Lakes Gastroenterology & Great Lakes Endoscopy Center in St. Joseph.

Bukhari performed an endoscopy and discovered a hiatal hernia, so he referred her to Dr. Seth Miller, a bariatric surgeon at Lakeland Hospital, Niles. Miller order a series of tests.

“Dr. Miller said that before surgery, we wanted to make sure we cover all the bases,” she said.

A second endoscopy confirmed Childs had a hiatal hernia. Another test involved Miller attaching a small electronic capsule onto the wall of her esophagus. The devise measured the acidity of her stomach acid over time and in a variety of conditions, including eating, sleeping and bouts of acid reflux.

Childs kept a diary for four days of what and when she ate, as well as sleeping and waking times. The capsule transmitted information to a devise she carried with her at all times.

The test found that her stomach acid was significantly more acidic than the norm.

A third test involved swallowing barium sulfate, which coats the esophagus, stomach and intestines, and makes them easier to examine with a CT scan.

A fourth test gauged the strength of her swallowing muscles.

“He was really thorough,” Childs said.

After a series of consultations, they decided on what Miller described as TIF hybrid. TIF, transoral incisionless fundoplication, is a procedure where the stomach is partially wrapped around the esophagus to create a barrier and inhibit acid from surging upward. The hybrid portion involves a laparoscopic robotics procedure to repair the hiatal hernia.

Childs underwent both procedures on Dec. 21 and is still in the recovery phase. She suffered no pain from the six incisions to repair the hernia, but swelling from TIF has caused discomfort that is slowly diminishing.

Her diet initially was restricted to liquids only and later to soft foods. She still can’t eat many foods, but in time she will.

It has not been easy, she said. Her stomach would growl in hunger even as she felt too full to eat anything more.

“But I’ve been kind of lucky,” she said. “I have a glorious husband who makes dinner. He takes care of the shopping. He’s been really good about finding things I can eat.”

Despite the pain and the restrictions, Childs said she doesn’t regret her decision to undergo the procedures.

“It has been worth every hungry day. Because by now it’s week six, a month and a half where I haven’t been throwing up in the middle of the night,” she said. “It sounds corny, but it’s life-changing.”

Term 'bad cholesterol' might be misleading

By MEGAN HENRY
The Columbus (Ohio) Dispatch

Getty Images

COLUMBUS, Ohio — Tom Waddell lost about 40 pounds, but his cholesterol level did not drop, it skyrocketed.

"I was absolutely shocked," the 52-year-old said.

When Waddell had his annual physical exam in October, his doctor told him his low-density lipoproteins (LDL), also known as "bad cholesterol," had jumped from 97 to 153 milligrams per deciliter. Doctors typically recommend an LDL below 100 mg/dL.

Cholesterol comes from two main sources: your liver and your diet. Your liver, other organs and other cells in your body produce about 75 percent of the cholesterol in your blood. The other 25 percent of cholesterol in your body is affected by the foods you eat.

As the amount of cholesterol in your blood increases, so does the risk to your health. There are two types of cholesterol: LDL cholesterol and high-density lipoproteins (HDL), also known as "good cholesterol."

Why does it matter?

A high cholesterol level can cause arteriosclerosis – the hardening and narrowing of the arteries. That can cause heart attacks and strokes.

Plaque in an artery can cause a blood clot, said Dr. Wesley Milks, a cardiologist at Ohio State University's Wexner Medical Center.

LDL has long been considered an indicator of potential heart attacks or stroke, but a 2009 UCLA study showed that about 75 percent of heart-attack patients didn't have high LDL cholesterol. Almost half the patients in the study had an LDL level of less than 100 mg/dL.

"This number shows that there's practically no correlation between high cholesterol and heart attacks," said Dr. Tadeusz Malinski, an Ohio University biochemistry professor.

Malinski recently published a study showing that a certain type of LDL is a better predictor of potential heart attacks than is the mere presence of LDL.

There are three subclasses of LDL, and only one is proved to have damaging health effects, increasing the risk of heart disease, according to the study published in the November issue of the International Journal of Nanomedicine.

"Understanding this could lead to improving the accuracy of diagnosis for the evaluation of cardiovascular-disease rates," Malinski said.

Rather than measuring levels of LDL to assess patients' risk, doctors will be able to test the concentration of different subclasses of LDL, he said. This will create a more accurate diagnostic process, avoiding misdiagnoses and properly diagnosing those who previously would have been unaware of their risk.

Waddell plans on asking his doctor about the different types of LDL.

"It is an incredible thing, and it also can give somebody a little bit more peace of mind that you don't have that indicator that's saying you're more susceptible to heart attacks," Waddell said.

Conversely, a high level of the specific type of LDL could help motivate a patient to lower it, he said.

After learning in October that he had a high LDL level, Waddell immediately altered his diet. His doctor talked to him about going on statin medications, which lower cholesterol, but Waddell didn't want to take that route, choosing instead to change his diet and follow up with his doctor in April.

Waddell followed a ketogenic diet to lose weight: It involves strictly limiting carbohydrates to less than 50 grams a day and subsisting primarily on high-fat foods. After learning that his cholesterol was high, he quit that diet and started eating mostly fish and fruits and vegetables.

"I'm choosing to get more good grains, high fiber and healthy fats back" in my diet, Waddell said.

He hopes that his lifestyle changes will lower his bad cholesterol and he won't have to begin taking statins. And he has an extra incentive: He wants to travel to Southeast Asia and doesn't want to have to worry about his heart health.

"I don't want to end up in a foreign country and have some sort of event (happen) because I haven't taken care of myself," he said.

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